CE118PF

Microwave Oven

Owner's instructions & Cooking guide

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

Planet First **100 % Recycled Paper**

This manual is made with 100 % recycled paper.

imagine the possibilities

Thank you for purchasing this Samsung product.

SAMSUNG

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safety information

USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

LEGEND FOR SYMBOLS AND ICONS

⚠ WARNING	Hazards or unsafe practices that may result in **severe personal injury or death**.
⚠ CAUTION	Hazards or unsafe practices that may result in **minor personal injury or property damage**.

Warning; Fire hazard	Warning; Hot surface
Warning; Electricity	Warning; Explosive material
Do NOT attempt.	Do NOT touch.
Do NOT disassemble.	Follow directions explicitly.
Unplug the power plug from the wall socket.	Make sure the machine is grounded to prevent electric shock.
Call the service center for help.	Note
Important	

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Make sure that these safety precautions are obeyed at all times.

Before using the oven, confirm that the following instructions are followed.

⚠ WARNING (Microwave function only)

- **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- This appliance is intended to be used in household only.
- **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- **WARNING:** This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
- Only use utensils that are suitable for use in microwave ovens.
- When heating food in plasitic or paper containers, keep an eye on the oven due to the possibility of ignitions.

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- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- **WARNING:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- **WARNING:** The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
- The oven should be cleaned regularly and any food deposites removed.
- Failure to maintain the oven in a clean conditioin could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode;

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- The appliance should not be cleaned with a water jet.
- This oven should be positioned proper direction and height permitting easy access to cavity and control area.
- Before using the your oven first time, oven should be operated with the water during 10 minute and then used.
- If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.
- The microwave oven has to be positioned so that plug is accessible.
- The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet.

⚠ WARNING
(Oven function only) - Optional

- **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
- A steam cleaner is not to be used.
- **WARNING:** Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
- **WARNING:** The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements.
  Children less than 8 years of age shall be kept away unless continuously supervised.
- The temperature of accessible surfaces may be high when the appliance is operating.
- The door or the outer surface may get hot when the appliance is operating.
- Keep the appliance and its cord out of reach of children less than 8 years.

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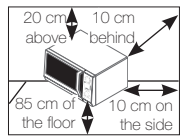
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- Appliances are not intended to be operated by means of an external timer or separate remote-control system.

INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safety bear the weight of the oven.



1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.

2. Remove all packing materials inside the oven.

3. Install the roller ring and turntable. Check that the turntable rotates freely. (Turntable type model only)

4. This microwave oven has to be positioned so that plug is accessible.

- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
  For your personal safety, plug the cable into a proper AC earthed socket.

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- Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings (Turntable type model only)

- **ALWAYS** ensure that the door seals are clean and the door closes properly.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces of oven with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice in the oven and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

- **DO NOT** spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:
  - Accumulate
  - Prevent the door from closing correctly
- **Clean** the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

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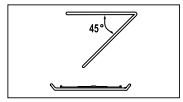
When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it. (Swing heater model only)



STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.
The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair.

- **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:
  - Unplug it from the wall socket
  - Contact the nearest after-sales service centre

- If you wish to store your oven away temporarily, choose a dry, dustfree place. **Reason :** Dust and damp may adversely affect the working parts in the oven.
- This microwave oven is not intended for commercial use.
- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care, to arrange for a qualified engineer to replace the bulb.

⚠ WARNING				
Only qualified staff should be allowed to modify or repair the appliance.	✓	✓	✓	✓
Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓

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Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
Do not touch the power plug with wet hands.	✓	✓	✓	✓
Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
Do not place the oven over a fragile object such as a sink or glass object.	✓	✓		
Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓

Do not pour or directly spray water onto the oven.	✓	✓		
Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.	✓	✓	✓	✓
WARNING: Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
Do not put the tray or rack in water shortly after cooking because it may cause breakage or damage of the tray or rack.				✓
Do not operate the microwave oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of the hot liquid.	✓			✓

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CAUTION				
Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)	✓		✓	
Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.(MICROWAVE FUNCTION ONLY)

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

(1) door (bent)

(2) door hinges (broken or loose)

(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

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Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

(a) A Dented, Scratched, or Broken Door, Handle, Out-Panel, or Control Panel.

(b) A Broken or missing Tray, Guide Roller, Coupler, or Wire Rack.

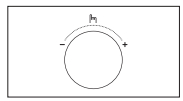
- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

quick look-up guide

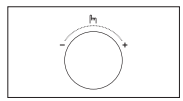
I want to cook some food.

1. Turn the **Mode Selector Dial** to **Microwave** (🍲) mode position.

2. Turn the **Multi Function Selector Dial** to desired until the appropriate power level is displayed. At that time, press the **Multi Function Selector Dial** to set the power level.



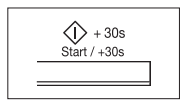
3. Set the cooking time by turning the **Multi Function Selector Dial.**



4. Press the **Start / +30s** (⏀ +30s) button.

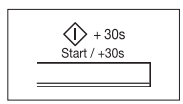
   Result: Cooking starts.

   - When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.



I want to add an extra 30 seconds.

Leave the food in the oven.
Press the **Start / +30s** (⏀ +30s) button one or more times for each extra 30 seconds that you wish to add.



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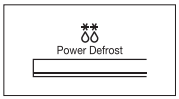
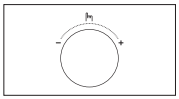
I want to Power defrost some food.

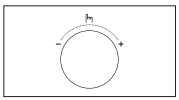
1. Press the **Power Defrost** (❄❄) button.



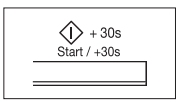
2. Set the cooking category by turning the **Multi Function Selector Dial.** Press the **Multi Function Selector Dial** to set desired.



3. Select the weight by turning the **Multi Function Selector Dial** as required.



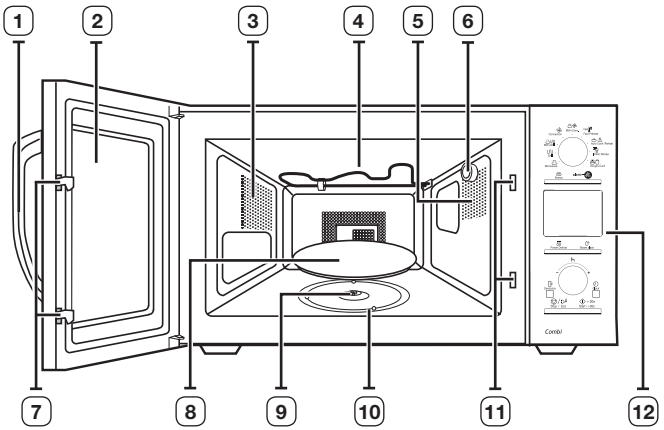
4. Press the **Start / +30s** (+30s) button.



Result: Defrosting starts.

- When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

OVEN



1. DOOR HANDLE
2. DOOR
3. VENTILATION HOLES
4. HEATING ELEMENT
5. LIGHT
6. WATER BOWL HOLDER
7. DOOR LATCHES
8. TURNTABLE
9. COUPLER
10. ROLLER RING
11. SAFETY INTERLOCK HOLES
12. CONTROL PANEL

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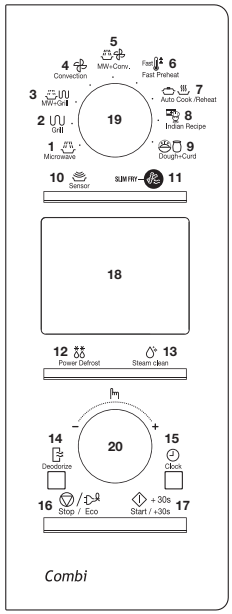
CONTROL PANEL



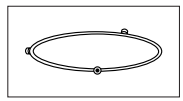
1. MICROWAVE MODE
2. GRILL MODE
3. MICROWAVE+GRILL MODE
4. CONVECTION MODE
5. MICROWAVE+CONVECTION MODE
6. FAST PREHEAT MODE
7. AUTO COOK / REHEAT FETURE MODE
8. INDIAN RECIPE FETURE MODE
9. DOUGH+CURD FEATURE MODE
10. SENSOR COOK BUTTON
11. SLIM FRY BUTTON
12. POWER DEFROST BUTTON
13. STEAM CLEAN BUTTON
14. DEODORIZE BUTTON
15. CLOCK BUTTON
16. STOP / ECO BUTTON
17. START / +30S BUTTON
18. DISPLAY
19. MODE SELECTOR DIAL
20. MULTI FUNCTION SELECTOR DIAL

ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

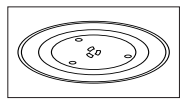
1. **Roller ring**, to be placed in the center of the oven.

   Purpose: The roller ring supports the turntable.



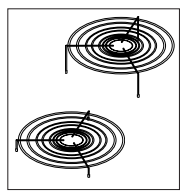
2. **Turntable**, to be placed on the roller ring with the center fitting on to the coupler.

   Purpose: The turntable serves as the main cooking surface; it can be easily removed for cleaning.



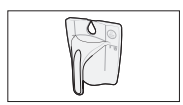
3. **High rack, Low rack,** to be placed on the turntable.

   Purpose: The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack. **The metal racks can be used in grill, convection and combination cooking.**



4. **Clean water bowl,** to be placed at the right side of the oven.

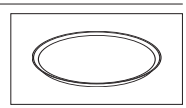
   Purpose : The water bowl can be used to clean.



DO NOT operate the microwave oven without the roller ring and turntable.

5. **Crust plate**, to be placed on the turntable.

   Purpose: The crust plate is used to brown botton of food by using the microwave or grill combination cooking modes and to keep pastry and pizza dough crispy.



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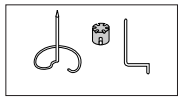
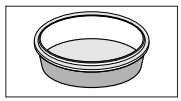
6. **Roasting spit, coupler barbecue and Skewer** to be placed in the glass bowl.



Purpose: The roasting spit is a convenient of barbecuing a chicken, as the meat does not have to be turned over. It can be used for grill combination cooking.

7. **Glass bowl,** to be placed on the turntable.



Purpose: Roasting stand is placed on the glass bowl.

oven use

HOW A MICROWAVE OVEN WORKS

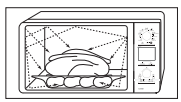
Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.

You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking principle.

1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.



2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the container used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food.

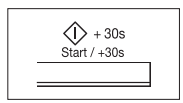
CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times. If you are in doubt, refer to the section entitled “Troubleshooting” on the 74 page.

The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum (100 % - 900 W) is used, the water takes longer to boil.

Open the oven door by pulling the handle on the right side of the door. Place a glass of water on the turntable. Close the door.

Press the **Start / +30s** (⏀ +30s) button and set the time to 4 or 5 minutes, by pressing the **Start / +30s** (⏀ +30s) button the appropriate number of times.



Result: The oven heats the water for 4 or 5 minutes. The water should then be boiling.

SETTING THE TIME

Your microwave oven has an inbuilt clock. When power is supplied, “:0”, “88:88” or “12:00” is automatically displayed on the display.

Please set the current time. The time can be displayed in either the 24-hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

Do not forget to reset the clock when you switch to and from summer and winter time.

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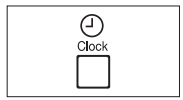
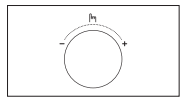
Auto energy saving function

If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled and clock will be displayed after 25 minutes. Oven Lamp will be turned off after 5 minutes with door open condition.

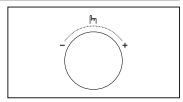
1. Press the **Clock** (🕘) button.



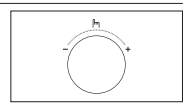
2. Turn the **Multi Function Selector Dial** to set time display type. (12 H or 24 H)



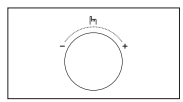
3. Press the **Multi Function Selector Dial** to complete the setup.



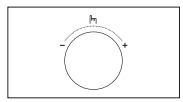
4. Turn the **Multi Function Selector Dial** to set the hour.



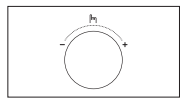
5. Press the **Multi Function Selector Dial**.



6. Turn the **Multi Function Selector Dial** to set the minute.



7. When the right time is displayed, press the **Multi Function Selector Dial** to start the clock.



Result: The time is displayed whenever you are not using the microwave oven.

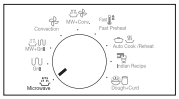
COOKING/REHEATING

The following procedure explains how to cook or reheat food.

ALWAYS check your cooking settings before leaving the oven unattended.

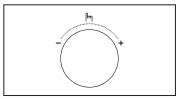
Open the door. Place the food in the centre of the turntable. Close the door. Never switch the microwave oven on when it is empty.

1. Turn the **Mode Selector Dial** to **Microwave** (🍲) mode position.

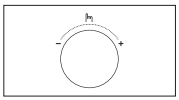


Result: The following indications are displayed: 🍲 (microwave mode)

2. Turn the **Multi Function Selector Dial** to desired until the appropriate power level is displayed. At that time, press the **Multi Function Selector Dial** to set the power level.

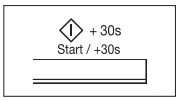


3. Set the cooking time by turning the **Multi Function Selector Dial**.



Result: The cooking time is displayed.

4. Press the **Start / +30s** (⏀ +30s) button.



Result: The oven light comes on and the turntable starts rotating. Cooking starts and when it has finished:

- The oven beep and flash “0” 4 times. The oven will then beep one time per minute.

If you would like to know the current Power Level of the oven cavity, press the **Multi Function Selector Dial** once. If you would like to change the power level during cooking, turn the **Multi Function Selector Dial.**

Quick Start:

If you wish to heat a dish for a short period of time at maximum power (900 W), you can also simply press the **Start / +30s** (⏀ +30s) button once for each 30 seconds of cooking time. The oven starts immediately.

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POWER LEVELS AND TIME VARIATIONS

The power level function enables you to adapt the amount of energy dissipated and thus the time required to cook or reheat your food, according to its type and quantity. You can choose between six power levels.

Power level	Percentage	Output
HIGH	100 %	900 W
MEDIUM HIGH	67 %	600 W
MEDIUM	50 %	450 W
MEDIUM LOW	33 %	300 W
DEFROST	20 %	180 W
LOW	11 %	100 W

The cooking times given in recipes and in this booklet correspond to the specific power level indicated.

If you select a...	Then the cooking time must be...
Higher power level	Decreased
Lower power level	Increased

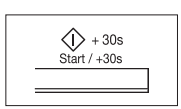
ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the **Start / +30s** (+30s) button once for each 30 seconds to be added.

- Check how cooking is progressing at any time simply by opening the door
- Increase the remaining cooking time

To increase the cooking time of your food, press the **Start / +30s** (+30s) button once for each 30 seconds that you wish to add.

- Example: To add three minutes, press the **Start / +30s** (+30s) button six times.



STOPPING THE COOKING

You can stop cooking at any time so that you can:

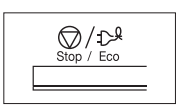
- Check the food
- Turn the food over or stir it
- Leave it to stand

To stop the cooking...	Then...
Temporarily	Temporarily : Open the door or Press the **Stop / Eco** (/) button once. **Result:** Cooking stops. To resume cooking, close the door again and press the **Start / +30s** (+30s) button.
Completely	Completely : Press the **Stop / Eco** (/) button once. **Result:** Cooking stops. If you wish to cancel the cooking settings, press the **Stop / Eco** (/) button again.

SETTING THE ENERGY SAVE MODE

The oven has an energy save mode.

- Press the **Stop / Eco** (/) button.
  Result : Display off.
- To remove energy save mode, open the door or press the **Stop / Eco** (/) button and then display shows current time. The oven is ready for use.



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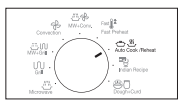
USING THE AUTO COOK / REHEAT FEATURES

The 16 Auto Cook / Reheat features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.
You can adjust the size of the serving by turning the Multi Function Seletor dial.

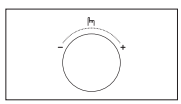
Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

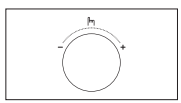
1. Turn the **Mode Selector Dial** to **Auto Cook / Reheat** (,) mode position.



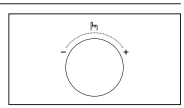
2. Select Auto cook by turning the **Multi Function Seletor dial**. (1- Auto Cook / 2- Auto Reheat) At that time, press the **Multi Function Selector Dial** to select auto cook feature.



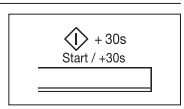
3. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.



4. Select the size of the serving by turning the **Multi Function Selector Dial**.



5. Press the **Start / +30s** (+30s) button.



Result: The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

USING THE AUTO COOK PROGRAMMES

The following table presents 10 Auto Cook programmes, quantities, standing times and appropriate recommendations. Programmes no 1 to 4 are running with microwave energy only. Programmes no 5 to 6 are running with a combination of microwaves and grill. Programmes no 7 to 8 are running with a combination of microwaves and convection. Programme 9 to 10 are running with convection mode. Use oven gloves when taking out food.

Code	Food	Serving size (g)	Standing time (min.)	Recommendations
1-1	White rice	150-200 200-250	5-10	Weigh parboiled white rice and add double quantity of cold water. For example: when cooking 0.25 kg rice, add ½ liter cold water. Use glass pyrex bowl with lid. Put bowl in the centre of turntable. Cook covered.
1-2	Broccoli florets	200-250 300-350 400-450 500-550	1-2	Weigh the vegetables after washing, cleaning and cutting into similar size. Put them into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 200-250 g, add 45 ml (3 tablespoons) for 300-450 g and add 60-75 ml (4-5 tablespoons) for 500-550 g. Stir after cooking. When cooking higher quantities stir once during cooking.

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Code	Food	Serving size (g)	Standing time (min.)	Recommendations
1-3	Sliced carrots	100-150 200-250 300-350	1-2	Weigh the vegetables after washing, cleaning and cutting into similar size. Put them into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 200-250 g, add 45 ml (3 tablespoons) for 300-350 g. This programme is suitable for cauliflower
1-4	Peeled potatoes	300-350 400-450 500-550 600-650	3	Wash and peel potatoes, cut into halves and put them into a glass bowl with lid. Add 15-30ml of water (1-2 tablespoons). Stir after cooking. When cooking higher quantities stir once during cooking.
1-5	Jacket potatoes	200 400 600	5	Use oven potatoes with a size of 200 g each. Pierce skin and set on low rack.
1-6	Roast fish	200-300 (1) 400-500 (2)	3	Brush skin of whole fish with oil and add herbs and spices. Put fish side by side, head to tail on the high rack. Turnover, as soon as the beep sounds.
1-7	Fish fillet	200-300 400-500	2	Put fish filets, such as salmon evenly on the high rack. Turnover, as soon as the beep sounds.
1-8	Roast lamb	1000-1100 1200-1300	10-15	First, start programme. It will be indicate on the display as “HEAT”, oven is preheating. And then put dough into a round black metal baking tin, using baking paper on the bottom (diameter 26 cm). After beep sounds insert tin on the low rack.
1-9	Sponge cake	450-550	10	First, start programme. It will be indicate on the display as “HEAT”, oven is preheating. And then put dough into a round black metal baking tin, using baking paper on the bottom (diameter 26 cm). After beep sounds insert tin on the low rack.
1-10	Muffins	250-300	-	First, start programme. It will be indicate on the display as “HEAT”, oven is preheating. And then pour dough into 6-8 paper or silicone cups for muffins and set on the low rack. After beep sounds insert rack.

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USING THE AUTO REHEAT PROGRAMMES

The following table presents 6 Auto Reheat programmes, quantities, standing times and appropriate recommendations. Programmes no 1 to 3 are running with microwave energy only. Programmes no 4 to 6 are running with a combination of microwaves, grill and convection.

Use oven gloves when taking out food.

Code	Food	Serving size (g)	Standing time (min.)	Recommendations
2-1	**Ready meal (Chilled)**	300-350 400-450	2-3	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dish like potatoes, rice or pasta).
2-2	**Soup/ Sauce (Chilled)**	200-250 300-350 400-450	2-3	Pour into a deep ceramic soup plate or bowl and cover with plastic lid during heating. Stir carefully before and after standing time.
2-3	**Mini ravioli**	200-250 300-350	3	Put chilled ready mini ravioli in a microwave proof plastic dish in the centre of turntable. Pierce film of ready product or cover plastic dish with microwave cling film. Stir carefully before and after standing time. This programme is suitable for ravioli, as well as for noodles in sauce.
2-4	**Frozen pizza snacks** **	100-150 250-300	-	Put frozen pizza snacks on the low rack.
2-5	**Frozen chicken wings** **	200-250 300-350 400-450	2	Put the frozen ready chicken wings or small drumsticks (pre-cooked and spiced) on the high metal rack with the skin-side down. Put them in a circle and leave the centre clear. Turnover, as soon as the oven beeps.
2-6	**Frozen bread rolls** **	100-150 (2 pcs) 200-250 (4 pcs) 300-350 (6 pcs)	3-5	We recommend to preheat the oven to 180 °C for 5 minutes using the convection function. Put 2 to 6 frozen bread rolls (-18 °C) in a circle on the low rack. This program is suitable for small frozen bakery products as bread rolls, ciabatta rolls and small baguettes.

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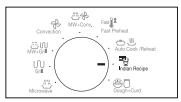
USING THE INDIAN RECIPE FEATURES

The 200 Indian Recipe features include/provide preprogrammed cooking times. You do not need to set either the cooking times or the power level.

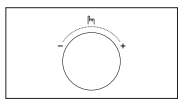
Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

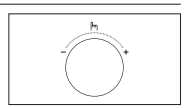
1. Turn the **Mode Selector Dial** to **Indian Recipe** ( ) mode position.



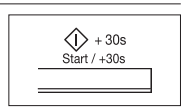
2. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.



3. Select the menu of the serving by turning the **Multi Function Selector Dial**.



4. Press the **Start / +30s** (+30s) button.



Result: The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

USING THE INDIAN RECIPE (VEGGIE) PROGRAMMES

The following table presents the various Indian Recipe (Veggie) Programmes and appropriate recommendations.

Use oven gloves when taking out food.

1. Soups & Snacks

Code	Food	Serving size	Ingredients
1-1	**Tomato soup**	400-500 g	Tomato - 6 ea (medium size), Garlic - 7~8 Cloves, Carrot - 1 ea (small size), Celery - 1 stalk, Onion - 1 ea (medium size), Pepper corns - 5~6, Oil - 1 tbsp, Butter - 1 tbsp, Salt & sugar as per your taste, Cream - 2 tbsp, Water - 2 cups
	< Recommendations >		
	Wash all vegetables. Cut tomatoes into quarters. Peel & chop garlic. Peel & cut carrots in rounds. Chop celery, slice onion & crush pepper corns. In microwave safe glass bowl put oil onion, carrot, celery and garlic. Add 2 cups of water & cook. When beep, let it be cool and then blend in blender. Pour them in microwave safe glass bowl and add butter, tomato puree, salt and sugar. Stir well and cook. Strain and add cream and serve it hot.		
1-2	**Sweet corn soup**	300-350 g	Sweet corn - 0.2 kg, Water - 1.5 cup, Oil - 1 tbsp, Corn flour - 1 tbsp, Chopped onion - 2 tbsp, Green chili - 1 ea (chopped), Salt, Sugar, Pepper corns as per your taste
	< Recommendations >		
	Grind sweet corn with water (0.5 cup). Put it in microwave safe glass bowl and cook. When beep, add oil, green chili, onion, flour, water (1 cup), salt, sugar and pepper corn. Mix well and cook.		
1-3	**Mushroom soup**	400-450 g	Potato - 1 ea, Cabbage - 50 g, Onion - 1 ea (small size), Mushroom - 100 g, Tomato sauce - 2 tbsp, Oil - 2 tbsp, Water - 2 cups, Salt, Sugar, Pepper as per taste
	< Recommendations >		
	Chop all vegetables. In microwave safe glass bowl put potato, cabbage, onion, 2 cups of water and cook. When beep, grind the stalk with some water and then add oil, chopped mushroom, salt, black pepper, sugar and tomato sauce. Mix well and press start. Serve hot and garnish with grated cheese.		

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Code	Food	Serving size	Ingredients
1-4	**Spinach soup**	400-500 g	Spinach leaves - 2 cup (chopped), Butter - 1 tbsp, Milk - ½ cup, Salt, Pepper, Nutmeg powder as per your taste
	< Recommendations >		
	In microwave safe glass bowl put spinach leaves and some water. When beep, blend the spinach to a smooth puree in a blender. And then add butter, the milk, salt, pepper, and nutmeg powder. Mix well and press start.		
1-5	**Tom yum soup**	300-350 g	Mushroom - 6~7 (chopped), Fresh coriander leaves a few spring, Green or fresh red chili - 3~4, Lemon grass - 4 inches stalk, Lime leaves - 4~5, Salt as per your taste, Thai red curry paste - 2 tbsp, Lemon juice - 2 tbsp, Water - 4 cups
	< Recommendations >		
	In microwave safe glass bowl add 4 cups of water, lemon grass, lime leaves, 2 red or green chili and salt. Mix well and cook. When beep, grind the stalk with some water and then add oil, chopped mushroom and Thai red curry paste. Serve hot with Lemon juice & red or green chili.		
1-6	**Mix vegetable soup**	400-500 g	Carrot - 1 ea (medium size, chopped), Cauliflower - 50 g (chopped), Onion - 2 tbsp (chopped), Green peas - ¼ cup, Butter - 1 tbsp, Milk - 1 cup, Salt & pepper as per your taste, Water - 1 cup
	< Recommendations >		
	In microwave safe glass bowl add 1 cup of water, carrot, cauliflower and green peas. When Beep, grind the stalk with some water. Put the butter in a glass bowl. Add chopped onion, stalk, milk, salt and pepper. Mix well and press start. Serve hot.		
1-7	**Cream of lettuce soup**	400-500 g	Lettuce leaves - 2 cups, Onion – 2 ea (chopped), Milk - 2 cups, Plain flour - 2 tbsp, Butter - 2 tbsp, Salt, Sugar, Pepper as per your taste
	< Recommendations >		
	In microwave safe glass bowl add lettuce leaves with water and cook. When beep, grind the stalk with some water and then put the butter, plain flour, onion, puree, milk, salt, sugar and pepper. Mix well and press start. Serve hot.		

Code	Food	Serving size	Ingredients
1-8	**Garlic bread**	300-400 g	Bread (French) - 3 slices, Butter - 3 tbsp, Garlic - 2 tbsp, Grated cheese - 3 tbsp, Salt, Pepper, Oregano, Chili flakes as per taste.
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Mix butter, garlic, salt, pepper, oregano and make a paste. Apply this paste on both sides of the bread and sprinkle grated cheese and chili flakes. Put these breads on crusty plate on low rack. Serve hot.		
1-9	**Vegetable pizza**	200-250 g	Pizza Base - 100 g, Pizza toping - 3 tbsp, Mixed vegetables (Tomato, Capsicum, Onion) - 1 cup, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning, butter- 1 tbsp, Seasoning on veggies- salt pepper
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Spread a little butter on both side of pizza base and then add pizza toping, mixed vegetable and cheese on pizza base. Put the pizza on crusty plate on low lack. When beep, select the menu and cook. Serve with oregano and chili flakes on top.		
1-10	**Dhokla**	200 g	Gram flour - 200 g, Warm water - 75 ml, Curd - 3 tbsp, Green chili-ginger paste - 1½ tsp, Fruit salt - 1½ tsp, Salt, Sugar as per your taste
	< Recommendations >		
	Grease the microwave safe flat dish, with little oil. Mix gram flour, curd, sugar, salt, water, ginger-green chili paste, yellow color, fruit and salt together. Pour the mixture in greased dish and cook. Cut it into pieces, garnish with grated coconut and coriander and serve with sauce or chutney.		
1-11	**Lazeez paneer toast**	4 slices	Butter - 1½ tbsp, Brown or white bread - 4 slices, Garlic (5-6 Flakes, crushed and chopped) - 1 tsp, Leaves of Palak (Spinach + washed & shredded) - 100 g, Paneer - 150 g, Basil or Coriander -1 tbsp (chopped), Mozzarella cheese (grated) - 5 tbsp, Salt & Pepper - each ¼ tsp, Red chili flakes as per your taste
	< Recommendations >		
	Wash and shred the spinach leaves into thin ribbons. In microwave safe bowl add butter, garlic, spinach and cook with MWO 900 W for 4 min. Add grated paneer, basil, mozzarella cheese and mix well. Spread the mixer on the toast. Pre-heat the oven 200 °C with the convection function. When beep take spread bread slice on the low rack and cook.		

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Code	Food	Serving size	Ingredients
1-12	**Poha**	300-400 g	Poha - 0.3 kg, Oil - 3 tbsp, Onion - 1 cup (chopped), Green chili - 4 ea, Mustered, Cumin, Asafetida, Turmeric, Curry leaves for tempering, Grated Coconut & Coriander for garnishing, Salt & pepper as per taste
	< Recommendations >		
	In microwave safe bowl put oil mustered, cumin, green chili, onions, turmeric powder curry leaves. Mix well and cook. When beep add washed poha, salt and sugar to taste. Mix well and press start. Garnish coconut and coriander. Serve hot.		
1-13	**Upama**	300-400 g	Rava Suji (Semolina) - 1 cup or 100 g, Oil - 2 tbsp, Mustered - 2 tsp, Cumin - 2 tsp, Urad Dal (Black Gram) - ½ tsp, Green Chilies - 2 ea, Curry Leaves - 7~8, Water - 200 ml, salt as per your taste, Lemon Juice - 1 tsp
	< Recommendations >		
	In microwave safe bowl put oil, muster seeds, cumin, black gram, green chilies, curry leaves, and rava suji/semolina. Mix well and cook. When beeps add water, salt to taste, lemon juice, mix well and then press start. Garnish with coriander and bhujiya.		
1-14	**Daliya**	300-400 g	Daliya - 100 g, Sugar - 75 g, Milk and water - each 200 ml, Ghee - 1 tbsp, Cardamom powder, Kishmish, Cashew nuts as per your taste
	< Recommendations >		
	Soak Daliya in luke warm water for 20 min. Drained water. In microwave safe bowl a daliya and ghee and cook. When beep add milk, water, sugar mix well, cover it and then press start. After finish, add cardamom powder, kishmish and cashew nuts mix well.		
1-15	**Chili honey vegetables**	200 g	Mix Vegetable (Carrot, Muter, Corn, Cornflower, French Beans etc : cut small pieces) - 200 g, Honey - 2 tbsp, Salt, Lemon juice, Peper powder as per your test, Water as required
	< Recommendations >		
	In microwave safe bowl take vegetables and some water. When beep drain water and add honey, salt, lemon juice, peper powder mix well and then press start.		

Code	Food	Serving size	Ingredients
1-16	**Idli**	8 ea	Instant Idli Mix - 2 cups, Curd - 1 cup, Ginger Garlic Chili paste and salt as per your taste, Water as required
	< Recommendations >		
	Mix all the ingredients and make a batter, pour this batter to greased microwave safe idly stand and cook. Serve hot with Chutney & Sambhar.		
1-17	**Steamed vegetables**	200 g	Mix Vegetable (Cauliflower, Carrot, Capsicum Muter Corn, French beans : Cut in small pieces) - 200 g, Sugar, Peper powder, Salt as per your taste, Water - 3 cups
	< Recommendations >		
	In microwave safe glass bowl take vegetables and some water. Drain water and in another bowl take cooked vegetables, sugar, paper powder, salt. Mix well and serve hot.		
1-18	**Sukhi moong dal**	300-400 g	Moong dal - 150 g, Onion (chopped) - 2 ea, Water - 1 cup, Ginger garlic paste, salt, turmeric powder, Chili garam masala, coriander powder, cumin powder & pepper powder
	< Recommendations >		
	In microwave safe glass bowl take oil, onion and ginger-garlic paste and cook. When beep add moong dal and all other ingredients with water and press start.		
1-19	**Vegetable pasta**	200-250 g	Pasta - 200 g, Oil - 1 tbsp, Grated Cheese - 3 tbsp, Pasta Sauce, Spring Onion, Water as per your taste, Salt as required
	< Recommendations >		
	In microwave safe bowl add pasta and water and cook. When beep strain Pasta and mix with all the ingredients and then press start. Serve hot.		
1-20	**Chana chat**	200-250 g	Boiled Chana - 100 g, Boiled Potato - 1 ea, Ginger paste - 1 tbsp, Green chili paste - 1 tbsp, Oil - 1 tbsp, Salt, Red chili powder, Pepper, Garam masala, Chat Masala and Lemon juice as per taste, Muster seeds, Cumin and Asafetida for tempering
	< Recommendations >		
	In microwave safe bowl muster seeds, cumin, asafetida, oil, green chili paste and ginger paste. Mix well and press start. After finish add boiled chana, boiled potato, salt, garam masala, chat masala, lemon juice and mix well.		

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2. Vegetables & Rice

Code	Food	Serving size	Ingredients
2-1	**Mutter (Peas) paneer**	400-500 g	Boiled Mutter - 100 g, Paneer - 200 g, Onions - 2 ea (paste), Tomato - 2 ea (puree), Garlic-ginger paste - 1 tsp, Oil - 2 tbsp, Red chili powder, Garam masala, Fresh Cream, Salt, Turmeric, Sugar, Kasoori methi, Coriander as per your taste, Cream - 2 tbsp
	< Recommendations >		
	In microwave safe bowl add oil, onions and ginger-garlic paste and cook. When beep add tomato puree, cream, salt, turmeric, sugar, boiled mutter, paneer, kasoori methi (except masala) and then press start.		
2-2	**Aloo ghobi**	300-400 g	Cut Potatoes - 200 g, Cut Cauliflower - 200 g, Cut Tomatoes - 100 g, Oil - 2 tbsp, Turmeric powder, Coriander powder, Red chili powder, Cumin seeds, Salt, Garam masala, Water as per your taste
	< Recommendations >		
	In microwave safe glass bowl take oil, potatoes, cauliflower. Mix well and cook. When beep, add tomatoes, other ingredients, water and then press start.		
2-3	**Karela masala**	300-400 g	Karela (Cut small Pieces) - 8/10, Onion Grind - 2 ea, Tomato Puree - 2 ea, Ginger, Garlic Past - 2 tbsp, Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil- 3 tbsp, Cream - ¼ Cup, Water - ½ Cup
	< Recommendations >		
	In microwave safe bowl take oil, onions and cook. When beeps, add ginger garlic paste, karela pieces and all the spices, add tomato puree, half cup water, cream with cover and then press start. Serve hot with rice.		
2-4	**Aloo methi**	150-200 g	Aloo (Boiled) - 2 ea, Dry Methi – 1 cup, Green chilies - 2~3 ea, Oil - 2 tbsp, Salt, turmeric, Musters seeds, Cumin as required
	< Recommendations >		
	In microwave safe bowl take oil, muster, cumin, green chilies and cook. When beep, add methi leaves, turmeric, salt and mix well. Press start. After done, add boiled aloo and mix well.		
2-5	**Kadhi pakoda**	400-500 g	Ghee - 2 tbsp, Gram Flour - 3 tbsp, Curd - 200 g, Water - 300 ml, Salt, Sugar, Cumin, Green Chili, Ginger, Curry Leaves as per your taste, Gram flour for Pakoda - 100 g, Red Chili powder, Turmeric, Ajwain, Salt as per your taste
	< Recommendations >		
	In bowl take gram flour and add salt, ajwain, red chili powder, little oil to it and make soft dough and make small ball form it. In microwave safe glass bowl add ghee, cumin, curry leave, curd, water, gram flour, sugar, salt, green chili, ginger. Mix well and cook. When beep, add kadhi mixture to prepared ball dough and then press start. Serve hot with rice.		
2-6	**Dal tadaka**	400-500 g	Soaked Arhar Dal (Soaked for 1 hr) - 200 g, Water - 300 g, Oil - 2 tbsp, Cumin - 1 tbsp, Green Chilies - 2~3 ea, Curry Leaves - 5~6 ea, Salt, Coriander, Cumin Powder, Turmeric, Asafetida, Kasoori methi, Lemon juice as per your taste
	< Recommendations >		
	In microwave safe bowl take dal, water, turmeric, asafetida. Cover and cook. When beep take oil, cumin, chopped green chilies, curry leaves, salt, coriander, cumin powder, kasurimethi, lemon juice, water and then press start. Garnish with tomato.		
2-7	**Lazeez bhindi**	400-500 g	Bhindi (Cut into pieces) - 400 g, Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Ginger Garlic Paste - 2 tbsp, Coriander Powder, Cumin Powder, Turmeric, Red Chili Powder, Garam Masala, Salt as per your taste, Oil as required, Cream - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When beep add powder masala, chopped tomato, bhindi, salt, cream and then press start.		

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Code	Food	Serving size	Ingredients
2-8	**Palak paneer**	400-500 g	Palak Leaves (Spinach) (Boiled & Grinded) - 300 g, Onion (Chopped) - 2 ea, Tomato (Chopped) - 2 ea, Ginger Garlic Paste - 2 tbsp, Paneer - 150 g, Oil - 3 tbsp, Garam Masala, Coriander, Cumin Powder, Salt, Fresh Cream as per your taste
	< Recommendations >		
	In microwave safe glass bowl take oil, chopped onion, ginger garlic paste and cook. When beep add tomato and all the masala, palak paste, paneer and cream. Mix it well and then press start.		
2-9	**Mixed masala vegetable (South indian style)**	400-500 g	Mix Vegetables (yam, custer beans, white ash guard, white pumpkin, red pumpkin, raw banana, carrots) - 400 g (peeled and cut), 2” pieces fresh coconut - 1 cup, Green Chili - 2~3 ea, Cumin - ½ tsp, Curry Leaves - 7~8 ea, Turmeric - ¼ tsp, Curd - ¼ cup, Coconut oil - 1 tsp, Salt and Sugar as per taste
	< Recommendations >		
	Make paste of coconut, green chill and cumin with little water and keep aside. In microwave safe glass bowl take all the vegetables with some water and cook. When beep take coconut oils, curry leaves, turmeric. Mix well and press start. After done add curd, paste of coconut and mix well.		
2-10	**Stuffed tomato**	200-300 g	Tomato - 4 ea, Onion (Chopped) - 1 ea, Paneer - ½ cup, Coriander, Cumin Powder, Salt & Sugar as per your taste, Butter - 1 tbsp
	< Recommendations >		
	Cut tomatoes and scoop out the pulp to have plain tomato cups. Grate paneer then mix coriander, cumin powder and stuff the mixture with tomatoes. In microwave safe glass bowl add butter, chopped onions, tomatoes and cook.		

Code	Food	Serving size	Ingredients
2-11	**Sambhar**	400-500 g	Arhar Dal/Red Gram - 100 g, Oil - 2 tbsp, Onion - 1 ea (Chopped), Tomato - 1 ea (Chopped), Mix vegetables (drumsticks, ghia/bottle gourd, red pumpkin, brinjal, ladies finger) - 1 cup, Mustard Seeds - 1 tsp, Asafetida - ¼ tsp, Tamarind pulp, Cumin seeds, Green chili, Sambhar masala, Salt as required
	< Recommendations >		
	In microwave safe glass bowl put dal, turmeric powder, onions, green chilies, tomatoes, mixed vegetables and add some water. Cover and cook. When beep, add oil, asafetida, cumin, curry leaves, red chilies, sambhar masala, tamarind pulp, salt, water and then press start.		
2-12	**Kashmiri aloo**	300-400 g	Small Pealed Potato - 8/10, Onion Grind - 2 ea, Tomato Puree - 2 ea, Ginger, Garlic Paste - 2 tbsp, Coriander Powder, Cumin Powder, Turmeric Powder, Red chili powder, Garam Masala, Salt as per your taste, Oil - 3 tbsp, Cream - ¼ Cup, Water - ½ Cup
	< Recommendations >		
	In microwave safe bowl take water, prick potatoes and cook. When beeps, add oil, onions, ginger-garlic paste, all other ingredients and then press start.		
2-13	**Corn, Simla mirch rice**	400-500 g	Soaked Rice 200 g, Corn 50 g, Chopped Simla Mirch - 1 ea, Oil - 2 tbsp, Black cardamom - 2 or 3, Cumin seeds - ½ tsp, Onions - 2 ea (Chopped), Green chili & salt as per your taste
	< Recommendations >		
	In microwave safe glass bowl take oil, black cardamom, cumin seeds, chopped onions, green chili & salt, soaked rice and cook. When beep add water and salt. Mix well and cover and then press start.		
2-14	**Jeera aloo**	400-500 g	Half boiled potatoes 400 g (cut into finger chips), Cumin seeds - 1 tsp, Turmeric Power - ¼ tsp, Red Chilli Powder - 1 tsp, Oil - 2 tbsp, Salt as per your taste, Chopped Coriander Leaves - 1 tsp
	< Recommendations >		
	In microwave safe glass bowl take oil, cumin seeds and cook. When beep add all ingredients and then press start. Garnish chopped coriander and serve hot.		

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Code	Food	Serving size	Ingredients
2-15	**Baigan (Brinjal) bharta**	400-500 g	Bharte Ka Baigan (Brinjal) 300 g, Chopped Onion - 2 ea, Chopped tomato - 2 ea, Ginger Garlic Cloves – 3 to 4 tsp, Oil - 2 tbsp, Red Chili Powder, Cumin Powder, Salt as per your taste, Chop Coriander 2 tbsp
	< Recommendations >		
	Pierce garlic cloves in brinjal than Keep brinjal on high rack and grill for 20 min. When beep peel & chop the brinjal, keep aside. In microwave safe glass bowl add oil, onion, tomato, all powder masalas, salt and mix well. Select menu and cook. When beep mix chopped brinjal & mix it well. Garnish with chopped Coriander.		
2-16	**Dosa sabji**	400-500 g	Boiled potato peeled & chop 300 g, Chopped Onion 2 Nos, Green chili salt, turmeric powder as per your taste, Oil 2 tbsp, Mustard Seeds, Cumin seeds, Curry leaves for tempering
	< Recommendations >		
	In microwave safe glass bowl take oil, mustard seeds, cumin seeds, curry leaves, green chili, turmeric powder, onion and cook. When beep mix it well and add chopped potato. Mix it well and press start. Garnish with coriander leaves.		
2-17	**Aloo (Potato) masala**	450-500 g	Chopped Aloo (potato) - 300 g, Onion - 1 ea (Chopped), Tomato - 1 ea (Chopped), Ginger Garlic paste - 1 tsp, Coriander powder - 1 tsp, Cumin powder - ½ tsp, Garam Masala - ½ tsp, Oil - 2 tbsp, Red chili powder, Turmeric powder, salt as per your taste, Chopped coriander leaves, 1 cup of water
	< Recommendations >		
	In microwave safe glass bowl take oil, chopped onion, ginger garlic paste, chopped tomato, chopped potato. Mix well and cook. When beep, add chopped potato, powder masala, 1 cup of water, mix it well and press start. Garnish with coriander leaves.		
2-18	**Vegetable biryani**	400-500 g	Soaked Basamati Rice 200 g, Water - 400 ml, Ghee - 2 tbsp, Cloves, Cinnamon, Black pepper, Cardamom - 2 pieces, Salt & Sugar as per your taste, Mixed vegetables (cauliflower, peas, french beans & carrot : chopped) - 1 cup
	< Recommendations >		
	In microwave safe glass bowl add ghee, vegetables, all masalas and soaked basamati rice, mix it well and cook. When beep, add water, salt & sugar. Cover it and press start. Serve hot.		

Code	Food	Serving size	Ingredients
2-19	**Khichadi**	400-500 g	Soaked Rice - 100 g, Soaked Mung Dal - 50 g, Oil - 1½ tbsp, For Masalas : Coriander powder - 1 tbsp, Cumin seed powder - ½ tbsp, Water - 400 ml, For tempering : Mustered seeds, Asophotida, Green chili, Curry leaves & salt as per your taste
	< Recommendations >		
	In microwave safe glass bowl take oil & tempering material except salt. Add soaked rice, mung dal and cook. When beep add water and salt, mix it well, cover it and press start.		
2-20	**Lemon rice**	400-500 g	Soaked Rice - 150 g, Mustard seeds - ½ tsp, Urad dal - ½ tsp, Grated ginger - 1 tsp, Roasted Daria - 1 tsp, Dry red chili – 2, Curry leaves – 7~8, Turmeric powder - ½ tsp, Lemon juice - 1 tsp, Oil - 2 tbsp, Salt as per your taste, Chopped coriander - 1 tbsp, Water - 350 ml
	< Recommendations >		
	In microwave safe glass bowl take oil, mustard seeds, urad dal, grated ginger, roasted daria, dry red chili, curry leaves, turmeric powder, lemon juice, salt, soaked rice and cook. When beep add water and salt, mix it well, cover it and press start. Garnish with chopped coriander & serve hot.		

3. Sweets & Tandoori

Code	Food	Serving size	Ingredients
3-1	**Suji halwa**	200-250 g	Suji - 150 g, Ghee - 4 tbsp, Sugar - ¾ cup, Water - 3 cup, Dry Fruit, Cardamom Powder as per your test
	< Recommendations >		
	In microwave safe glass bowl take suji, ghee and cook. When beep, add water, sugar, dry fruit & cardamom powder, mix well and press start.		
3-2	**Atta ladoo**	300-350 g	Atta - 2 cup, Ghee - 100 g, Powder Sugar - 75 g, Cardamom powder - 1 tbsp, Almonds (Chopped) - ¼ cup
	< Recommendations >		
	In microwave safe glass bowl add atta, ghee, mix well and cook. When beep stir well and press start. When cool and cardamom powder, sugar powder, mix well and make ladoo.		

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Code	Food	Serving size	Ingredients
3-3	**Besan (Bengal gram flour) ladoo**	300-350 g	Besan (Bengal Gram flour) - 2 cups, Ghee - 100 g, Powder Sugar - 75 g, Cardamom powder - 1 tbsp, Almonds (Chopped) - ¼ cup
	< Recommendations >		
	In microwave safe glass bowl add besan and ghee, mix well and cook. When beep stir well and press start. When cool and cardamom powder, sugar powder, mix well and make ladoo.		
3-4	**Sweet rice**	400-500 g	Soaked Basamati Rice - 200 g, Water - 400 ml, Sugar - 150 g, Lemon Juice - 1 tsp, Almand - 50 g, Resins - 50 g, Cardamom Powder - 1 tsp, Yellow colour a pinch, Ghee - 2 tbsp, Saffron - ¼ tsp
	< Recommendations >		
	In microwave safe glass bowl take ghee, soaked basamati rice and water. Cover and cook. When beep, add sugar, lemon juice, almand, resins, cardamom powder, Yellow colour, saffron and press start. Serve hot.		
3-5	**Gajar (Carrot) ka halwa**	450-500 g	Grated carrot - 400 g, Milk - 100 g, Khoya - 50 g, Sugar - 100 g, Milk Powder - 50 g, Cardamom powder - 1 tsp, Almonds & resins - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl add grated carrot, milk, khoya, milk powder, mix it well and cook. When beep stir well and add sugar, cardamom powder, mix it well and press start. Decorate it with almonds & resins. Serve hot or cold.		
3-6	**Kalakand**	450-500 g	Grated paneer - 300 g, Condensed Milk - 200 g, Milk powder - 3 tbsp, Corn Flour - 1½ tbsp, Cardamom powder - 1 tsp, Almond pieces as per your taste
	< Recommendations >		
	In microwave safe glass bowl take grated paneer, condensed milk, milk powder, corn flour, cardamom powder, mix well and cook. When beep stir well and press start. Garnish it with almonds and when set, cut into pieces.		

Code	Food	Serving size	Ingredients
3-7	**Shahi tukda**	250-300 g	Bread slice - 4 ea, Condensed milk - 150 ml, Milk - 100 ml, Sugar - 4 tbsp, Almond - pista pieces - 4 tbsp, Saffron & cardamom powder - 1 tsp
	< Recommendations >		
	Arrange bread slice on high rack and cook. When beep turn slice and press start. After done add condensed milk, sugar, dry fruits, saffron, caradamom powder. Mix well and pour the mixture on slice. Serve hot.		
3-8	**Khoya barfi**	450-500 g	Grated Khoya - 300 g, Powdered sugar - 200 g, Milk powder - 2 tbsp, Saffron - ¼ tsp, Cardamom powder - 1 tsp, Almond pieces as per your taste
	< Recommendations >		
	In microwave safe glass bowl take grated khoya, powdered sugar, milk powder, saffron & cardamom powder, Mix well and cook. When beep stir well and press start. Garnish it with almonds and when set, cut into pieces.		
3-9	**Phirani**	450-500 g	Rice (soaked in 200 ml. milk for 1 hr.) - 0.3 kg, Milk - 300 ml, Sugar - 200 g, Saffron - 1 tsp, Cardamom powder - 1 tsp, Pista pieces - 1 tbsp
	< Recommendations >		
	Blend soaked rice with milk. Pour this microwave safe bowl and cook. When beep adds sugar, saffron, cardamom powder, mix it well & press start. Take it out, stir it. When cool, decorate with pista pieces and serve cool.		
3-10	**Pongal (South indian sweet)**	350-400 g	Soaked rice - 100 g, Soaked green gram - 50 g, Water - 500 ml, Grated Jaggery - 200 g, Ghee - 50 g, Cardamom powder - 1 tbsp, Dry fruits as per your taste
	< Recommendations >		
	In microwave safe glass bowl put ghee, soaked rice, green gram, water, mix it well, cover it and cook. When beep add jaggery, cardamom powder, dry fruits and press start.		
3-11	**Shakkarkandi (Sweet potato)**	300-350 g	Shakkarkandi (Sweet Potato) - 200 g, lemon Juice 1 tbsp, Chaat Masala – ½ tbsp, rock salt powder – ½ tsp
	< Recommendations >		
	Put Shakkarkandi on high rack and cook. When beep turn it over and ccok. Peel and cut shakkarkandiinto small pieces add all other ingredients and serve hot.		

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Code	Food	Serving size	Ingredients
3-12	**Harabhara kabab**	300-400 g	Boiled Potato (mashed) - 200 g, Mix vegetable (mashed) - 100 g, Ginger garlic paste - 1 tsp, Chili paste - 1 tsp, Salt, Garam masala, Oil and bread crump's as required
	< Recommendations >		
	Mix all the ingredients and make cutlets in desired shape. Place cutlets on metal flat dish, keep this on high rack and cook. When beeps turn the cutlets and press start. Serve with sauce.		
3-13	**Paneer tikka**	250-300 g	Paneer - 200 g, Marinate : Hung Curd - 4 tbsp, Ginger Garlic Paste - 1½ tbsp, Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp, Edible Red Color - 1 pinch, Oil - 1 tbsp
	< Recommendations >		
	Mix all the ingredients of marinate thoroughly. Add paneer pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in metal tray on high rack. Apply little oil on it and cook. When beep, turn the pieces and then press start. Serve hot with chutney.		
3-14	**Aloo tikka**	400-500 g	Baby Potato (peeled) - 400 g Curd - ½ cup Ginger garlic paste - ½ tbsp, Coriander powder, cumin powder, red chili powder, kasoori methi, salt & oil as per your test
	< Recommendations >		
	Take peeled aloo, add curd, ginger garlic paste, other spices and salt. Mix them well and put in metal tray on high rack. Sprinkle oil and cook. When beep turn potato and press start. Serve hot.		
3-15	**Tandoori gobhi**	250-300 g	Gobhi (Cut big flowers) - 200 g, Marinate : Hung Curd - 4 tbsp, Ginger Garlic Paste - 1½ tbsp, Red Chili Powder, Garam Masala as per your taste, Lemon Juice - 1 tbsp, Edible Red Color - 1 pinch, Oil - 1 tbsp
	< Recommendations >		
	Mix all the ingredients of marinate thoroughly. Add gobhi pieces and keep it for 2 hrs in a refrigerator. Keep the pieces in metal tray on high rack. Apply little oil on it and cook. When beep, turn the pieces and press start. Serve hot with chutney.		

Code	Food	Serving size	Ingredients
3-16	**Tandoori arbi**	450-500 g	Arbi - 400 g, Curd - 1 cup, Chat Masala, Salt, Garam Masala, Ginger garlic paste, Red chili powder, Turmeric powder as per your taste, Oil and water required.
	< Recommendations >		
	In microwave safe glass bowl take arbi with some water. Peel the arbi and mix with all ingredients. Keep high rack in the oven & place Arbi with Masala on it and cook. When beep turn the Arbi and press start.		
3-17	**Tandoori sabzi**	500-550 g	Mix vegetables - Ladies finger, Dauli flower, Brinjals, Mushroom, Potato, Paneer cubes - 0.5 kg (cut into medium size pieces), Onion paste Ginger-Garlic Paste, Tomato Puree, Red Chilli Powder, Turmeric Powder, Garam Masala, Salt as per your taste, Oil - 3-4 tbsp, Coriander - For garnishing
	< Recommendations >		
	In microwave safe glass bowl take oil, onion paste, ginger garlic paste, vegetables, red chilli powder, turmeric powder, garam masala, chat masala, salt and tomato puree, mix well and cook. When beep, transfer this mixture to metal tray, spread evenly on tawa keep. Put metal try on high rack and press start. Serve hot with tandoori nan.		
3-18	**Tandoori aloo**	250-300 g	Baby Potato - 1 cup, Cream - 1 tbsp, Dried Fenugreek leaves - ¼ tsp, Oil - 1 tbsp, Salt to taste, To be ground into a paste : Kashmiri chili - 4 ea, Garlic - 2 cloves, Ginger - 12 mm (½"), Coriander-cumin seed powder - 2 tsp
	< Recommendations >		
	In microwave glass bowl add the prepared paste, salt, mix it well and cook. Add potatoes, cream and kasuri methi and press start.		

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Code	Food	Serving size	Ingredients
3-19	**Vegetable kabab**	8 Kababs	Boiled vegetables - Potato, Cauliflower, Carrot, Green peas - 0.1 kg, Water - 3 tbsp, Cornflour – 1~2 tbsp, Bread crumbs - 1 tbsp, Ginger-Garlic paste - ½ tsp, Chili paste - ½ tsp, Garam Masala - ¼ tsp, Lemon juice, salt, sugar as per your taste
	< Recommendations >		
	Mix boiled vegetables and strained bengal gram, ginger-garlic paste, red chili powder, garam masala, coriander-cumin powder, salt, bread crumbs, coriander leaves together. Apply little oil to your palms and shape as desired like tikki balls and roll over with corn flour. Cutlet rolls, brush with little oil. Keep metal tray on high rack place kababs on it and cook. When beep, turn kababs and press start. Serve it with chutney and salads.		
3-20	**Stuffed mushroom**	200-250 g	Mushroom - 150 g, White sauce - 4 tbsp, Grated cheese - 2 tbsp, Salt and pepper powder as per your taste, Butter - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl add butter, mushrooms and cook. When beep cover the mushrooms with white sauce, sprinkle cheese, salt, pepper powder and transfer it on high rack and press start.		

4. Continental

Code	Food	Serving size	Ingredients
4-1	**Cheese cutlet**	8 ea	Potatoes - 4 ea (boiled), Cottage cheese - 200 g, Chopped coriander - 2 tbsp, Chopped green chili - 1 tsp, Chopped onion - 1 ea, Chopped cabbage - 2 tbsp, Bread crumbs - 4 tbsp, Oil for applying, Salt as per your taste
	< Recommendations >		
	Mash the potatoes very well, add all ingredients, mix it well and shape the cutlet as you wish. Take it in metal tray on high rack, applying oil and cook. When beep, turn the pieces and press start.		
4-2	**Tomato & Basil soup**	300-400 g	Chopped tomato - 4 ea, Fresh basil leaves -20~25, Crushed peppercorns - 10~15, Chopped onion - 1 ea, Chopped garlic - 7~8, Celery sticks finely chopped - 2 tbsp, Corn flour - 2 tbsp (dissolve in 1 cup of water), Salt and Sugar as per your taste, Water - 3 cups, Olive oil - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl add tomato, basil leaves, onion, garlic, celery sticks and water, mix well and cook. When beep add all other ingredients, mix well and press start. Serve hot.		
4-3	**Vegegable chowmain**	400-450 g	Noodles - 200 g, Water - 2 cups, Mix Vegetables - 100 g, Soya Sauce, Chili Sauce, Viengar, Salt & Pepper as per your taste, Oil as required
	< Recommendations >		
	In microwave safe glass bowl take noodles and 2 cups water and cook. When beep, drain all the water from it & keep noodles a side. In other microwave safe glass bowl take oil & vegetables and press start. After done add all ingredients with noodles mix well & serve hot.		
4-4	**Risotto rice**	450-500 g	Basmati Rice (soaked) - 150 g, Spinach (chopped) - 100 g, Butter - 3 tbsp, Chopped onion - 2 ea, Chopped Garlic - 2 tsp, Grated cheese - 3 tbsp, Salt & Pepper as per your taste, Water - 300 ml
	< Recommendations >		
	In microwave safe glass bowl take butter, onion, garlic and cook. When beep add spinach (chopped) soaked rice, water, salt & pepper and mix well. Cover and press start. Garnish with grated cheese and serve hot.		

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Code	Food	Serving size	Ingredients
4-5	**Potato dumbling**	200-250 g	Boiled & Grated Potatoes - 2 ea, Grated Paneer - 2 tbsp, Chopped Spinach - ½ cup, Chopped Green Chili - 1 tsp, Maida - 2~3 tbsp, Baking Powder - 1 pinch, Nutmeg Powder - 1 pinch, Salt & Pepper as per your taste, Butter - 1 tbsp, Chopped Garlic - 1 tbsp, Pizza Sauce - ½ cup, Grated Cheese - 3 tbsp
	< Recommendations >		
	Mix grated potatoes, paneer, spinach, green chili, maida, baking powder, nutmeg powder, salt & pepper together and make 10-12 balls from it, place them in MWO steamer and cook. When beep, in other microwave safe bowl take butter, chopped garlic, steamed balls, cheese, pizza sauce, mix well and press start.		
4-6	**Baked vegetables**	350-400 g	Half boiled vegetables (carrot, cauliflower, french beans - cut into small pieces, sweet corn & green peas etc.) - 300 g, Plain flour - 2 tbsp, Butter - 2 tbsp, Milk - 2 cups, Water - ½ cup, Grated cheese - 5 tbsp, Salt, sugar, pepper as per your taste
	< Recommendations >		
	In microwave safe glass dish take butter, vegetables, plain flour, milk, water, salt, sugar and pepper, mix well and cook. When beep mix it well & spread grated cheese on it. Keep the dish on high rack and press start. Serve hot.		
4-7	**Cheese cabbage & Corn rice**	350-400 g	Soaked rice - 1 cup, Cabbage - 50 g (chopped), Capsicum - 1 ea (chopped), corn - 50 g, Grated cheese - 100 g, chopped coriander - 2 tbsp, Water - 3 cup, Black pepper powder - ¼ tsp, Salt & Sugar as per your taste, Butter - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl take butter, rice, chopped cabbage, chopped capsicum, corn, black pepper powder, salt, sugar, mix well and cook. When beep add all other ingredients and press start.		

Code	Food	Serving size	Ingredients
4-8	**Noodles with tomato and cheese sauce**	400-450 g	Ribbon noodles - 250 g, Tomato sauce - ½ cup, Pizza sauce - ½ cup, Cheese sauce - 1 cup, Oil - 2 tbsp, Grated cheese - 2 tbsp, Salt, sugar & pepper as per your taste, Fresh Cream - 2 tbsp, Oregano - ½ tsp, Water - 4 cups
	< Recommendations >		
	In microwave safe glass bowl add noodles, oil and cook. When beep drain & keep a side. In another bowl add tomato sauce, pizza sauce, cheese sauce, fresh cream, salt, sugar & pepper, mix it well and add boiled noodles, sprinkle cheese and press start. Serve hot.		
4-9	**Macaroni hot pot**	250-300 g	Shell Macaroni - 200 g, Chopped Onion - 2 ea, Chopped capsicum - 1 ea, Chopped Tomato - 2 ea, Chopped Garlic - 1 tsp, Red chili powder - ½ tsp, One small can baked beans - 200 g, Tomato ketchup - 6 tbsp, Grated cheese - 4 tbsp, Butter - 1 tbsp, Salt as per your taste, Oil - 1 tbsp, Water - 4 cups
	< Recommendations >		
	In microwave safe glass bowl add shell macaroni, oil, water and cook. When beep drain & keep a side. In another bowl add butter, salt, onion, capsicum, tomato, garlic cloves, chili powder, cheese, baked beans and press start. When beep add macaroni, mix it well and serve hot.		
4-10	**Macaroni supreme**	300-350 g	Macaroni - 200 g, White sauce - 2 tsp, Chopped Parsley - 4 tbsp, Nutmeg powder - 1 pinch, Oregano - ½ tsp, Grated cheese - 50 g, Chopped tomato - 1 ea, Butter - 1 tbsp, Oil - 1 tbsp, Salt & pepper as per your taste
	< Recommendations >		
	In microwave safe glass bowl add shell macaroni, oil, water and cook. When beep drain & keep a side. In another bowl add butter, salt, nutmeg powder, oregano, parsley, white sauce, mix well. Add macaroni, cover with cheese and press start.		

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Code	Food	Serving size	Ingredients
4-11	**Pasta**	400-450 g	Penne Pasta - 200 g, Chopped onion - 2 tbsp, Chopped garlic - 2 tsp, Chopped spinach - 75 g, Cream - 1 cup, Grated cheese - 3 tbsp, Butter - 2 tbsp, Nutmeg Powder - 1 pinch, Oregano - ½ tsp, Salt & pepper as per your taste, Oil - 1 tbsp, Water - 3 cups
	< Recommendations >		
	In microwave safe glass bowl take pasta, water, oil and When beep drain the water & keep a side. In another bowl add butter, chopped onion, chopped garlic, spinach, cream, nutmeg powder, salt, pepper powder, oregano, mix it well and press start. After done pasta & cheese, mix it well & serve hot.		
4-12	**Corn & Potato baked**	300-350 g	Boiled sweet corn - 100 g, Boiled Potatoes - 2 ea, Finely chopped onion - 1 ea, Finely chopped green chili - 2 ea, Grated cheese - 4 tbsp, White sauce - 1 cup, Fresh cream - 2 tbsp, Butter - 2 tbsp, Salt & Pepper as per you taste
	< Recommendations >		
	In microwave safe glass dish take butter, onion, green chili and cook. When beep add white sauce, chopped potatoes, sweet corn, fresh cream, salt, pepper, mix it well and sprinkle cheese. Transfer it on high rack and press start. Serve hot.		
4-13	**Vegetable o' gratin**	500-550 g	Vegetables (carrot, cauliflower, peas, french beans : cut into bite size pieces) - 300 g, Oil or butter - 2 tbsp, White sauce - 1 cup, Pepper - 1 tsp, Cream - 100 g (½ cup), Water - ½ cup, some chopped celery or coriander leaves for garnishing
	< Recommendations >		
	In microwave safe bowl butter, mix vegetables, water and cook. When beep add all other ingredients and press start. Sprinkle chopped celery or coriander and serve hot.		

Code	Food	Serving size	Ingredients
4-14	**Vegetable in thai curry**	500-600 g	For green paste : Green chillies - 6~8, Spring onions - 3 ea (chopped along with the green part), Lemon grass leaves - 4 (optional), Ginger - 2 piece, Coriander leaves - 3 tbsp, For main dish : Coconut milk - 1½ cups, Salt - 1½ tsp, A tiny piece of jaggery, Coriander powder - 1 tbsp, Cumin powder - 1 tbsp, Oil - 2 tbsp, Chopped mix vegetable (carrot, cabbage, peas) - 1 cup
	< Recommendations >		
	In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add vegetables, oil and cook. When beep add salt jaggery and coconut milk. Mix well & press start.		
4-15	**Vegetable aa'la kiev**	550-600 g	Mix vegetable (cauliflower, peas, cabbage : cut into long pieces 18-20) - 350 g, French beans cut into 1 piece, Carrots - 2 (medium size, cut into 1 piece), Celery - 2 (chopped fine), Capsicums (cut into ¼ pieces) - 2, Milk - ½ cup, Maida - 2 tbsp, Pepper - 1 tsp, Mustard powder - 1 tsp, Salt - 1 tsp, Grated cheese (Amul) - 4 tbsp
	< Recommendations >		
	In microwave safe glass bowl mix vegetable, cauliflower, peas, carrots, celery and french beans & add 2-3 tbsp water, cover and cook. When beep add all ingredients and press start. Add grated cheese. Garnish with parsley or coriander.		
4-16	**Mushroom gratin**	500-550 g	Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp, Maida (flour) - 2 tbsp, Salt - 1 tsp, Pepper - 1 tsp, Rum or sherry (optional) - 1 tsp, Cream - 100 g (½ cup), Water - ½ cup, Some chopped celery or coriander leaves for garnishing
	< Recommendations >		
	In microwave safe plate butter, maida and cook. When beep add all other ingredients, mix well and press start. Sprinkle chopped celery or coriander and serve hot.		

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Code	Food	Serving size	Ingredients
4-17	**Cheese straw**	200 g	Refined flour - 100 g, Grated cheese - 25 g, Butter-50 g, Cold water as required, Pepper powder - ¼ tsp, Baking powder - ⅛ tsp, Chili powder - ½ tsp, Salt - ¼ tsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Sieve refined flour, pepper powder, baking powder, chili powder, salt. In a bowl maida, butter, cheese & rub it with finger chips till it resembles bread crumbs. Add little cold water to make a soft dough. Roll it in ½ cm. roti and cut thin strips, twist them & put on the baking tray. Put them on low rack. When beep, select menu and cook.		
4-18	**Almond muffins**	350 g	Refined flour - 115 g, Margarine - 85 g, Egg - 2 ea, Baking Powder - 115 g, Milk - 50 ml, Almond essence - ¼ tsp, Crushed almond & walnut - 4 tbsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Cream margarine and sugar until light and fluffy. Blend in beaten egg and sieve together flour and baking powder. Add alternately and mixing well after each addition, add crushed almond, walnut, almond essence. Put into greased muffin trays and put them on low rack. When beep, select menu and cook.		
4-19	**Orange muffins**	12 ea	Refined flour - 115 g, Margarine - 85 g, Egg - 2 ea, Orange Juice - 50 ml, Baking Powder - 115 g, Milk - 50 ml, Orange rind (Chopped finely) - 1 tsp
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Cream margarine and sugar until light and fluffy. Blend in beaten egg and orange rind. Sieve together flour and baking powder. Add alternately and orange juice mixing well after each addition. Put into greased muffin trays and put them on low rack. When beep, select menu and cook.		
4-20	**Pasta in pesto sauce**	400-450 g	Fussily Pasta - 200 g, Oil - 1 tbsp, Cream - 1 cup, Grated cheese - 3 tbsp, Butter - 2 tbsp, Oregano - ½ tsp, Salt & pepper as per your taste, Olive Oil - 1 tbsp, Pesto Sauce - 4 tbsp, Water - 3 cups
	< Recommendations >		
	In microwave safe glass bowl take Pasta with water, oil and cook. When beep drain the water & keep a side. In another bowl add butter, olive oil, pasta, cream, salt, pepper powder, oregano, cheese, pesto sauce. Mix it well & press start. Serve hot.		

5. Cake & Confectionery

Code	Food	Serving size	Ingredients
5-1	**Butter sponge**	450-500 g	Refined flour - 120 g, Margarine - 90 g, Egg - 2 ea, Powder Sugar - 120 g, Baking Powder - 1 tsp, Milk as required, Vanilla essence - ¼ tsp
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder thrice. Cream margarine and powdered sugar until light and fluffy. Beat egg and add to the creamed mixture little by little beating thoroughly between each addition. Fold in the shifted flour a little at a time. Adjust consistency of the batter with milk to get a dropping consistency. Put it into low rack. When beep, select menu and cook.		
5-2	**Mawa cake**	400-450 g	Refined flour - 85 g, Margarine - 70 g, Egg - 2 ea, Powder Sugar - 100 g, Baking Powder - ¼ tsp, Mava - 30 g, Butter - 30 g, Cardamom powder - ¼ tsp, Nutmeg - ¼ tsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Grease and dust 7 cake tin. Sieve flour with baking powder. Cream margarine, butter and powdered sugar until light and fluffy. Beat egg and add grated mava mixing will be between each addition. Fold in floursifted with baking powder & spice. Check consistency & pour into greased & lined 7 mould. Put it into low rack. When beep, select menu and cook.		
5-3	**Chocolate cake**	450-500 g	Refined flour - 115 g, Margarine - 55 g, Egg - 2 ea, Powder Sugar - 85 g, Baking Powder - 1 tsp, Soda Bicarb - ½ tsp, Milk as required, Cocoa powder - 2 tbsp, Chocolate essence - 1 tsp
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder, cocoa powder & soda bicarb. Cream butter & sugar until light & fluffy. Add egg & beat in well. Add essence & fold in refined flour with sufficient milk to make a soft consistency. Pour in a greased & lined cake tin. Put it into low rack. When beep, select menu and cook.		

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Code	Food	Serving size	Ingredients
5-4	**Date & Walnut cake**	450-500 g	Refined flour - 115 g, Margarine - 90 g, Egg - 2 ea, Powder Sugar - 115 g, Baking Powder - ½ tsp, Soda Bicarb - ¼ tsp, Seedless Date - 100 g, Walnut - 50 g, Milk as required, Vanilla essence - ½ tsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Grease and dust 8 cake tin, Sieve flour with baking powder & soda bicarb. Cream butter & sugar until light & fluffy. Add egg & beat in well. Add essence. Fold in the flour alternating with chopped dates & walnut. Adjust consistency with milk. Put it in greased & lined cake tin. Put it into low rack. When beep, select menu and cook.		
5-5	**Banana bread**	450 g	Refined flour - 225 g, Margarine - 125 g, Egg - 2 ea, Powder Sugar - 200 g, Baking Powder - ½ tsp, Soda Bicarb - 1 tsp, Riped Banana - 3 ea, Walnut - 50 g, Milk as required, Vanilla essence - 1 tsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Grease and dust 10 cake tin, Sieve flour with baking powder & soda bicarb. Cream butter & sugar until light & fluffy. Beat egg separately. Add gradually to creamed mixture, beating well all the time. Add mashed banana with 1 table spoon of flour. Mix well. Fold in flour. Add chopped walnuts. Pour into a greased loaf tin. Put it into low rack. When beep, select menu and cook.		
5-6	**Victoria sponge cake**	450-500 g	Refined flour - 170 g, Margarine - 170 g, Egg - 3 ea, Powder Sugar - 170 g, Baking Powder - 1½ tsp, Milk - ½ cup, Vanilla essence - 1 tsp
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Grease and dust 9 cake tin, Sieve flour with baking powder. Cream butter & sugar until light & fluffy. When the mixture is light & creamy, add the egg, one at a time, beating each time thoroughly. If the mixture curdles while adding the egg, add a little flour before adding the next egg. Finally fold the flour & add the milk until the mixture forms a dropping consistency. Add the vanilla essence. Mix well. Pour the mixture into the prepared tin. Put it into low rack. When beep, select menu and cook.		

Code	Food	Serving size	Ingredients
5-7	**Brownie**	400-450 g	Refined flour - 100 g, Butter - 75 g, Egg - 2 ea, Chopped Almonds - 3 tbsp, Powder Sugar - 80 g, Baking Powder - 1 tsp, Milk - ¼ cup, Chocolate essence - 1 tsp, Cocoa powder - 2 tbsp, Water - ½ cup
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Grease and dust 8" cake tin. Sieve flour with baking powder. Mix cocoa powder with half cup of hot water. In a bowl add powder sugar & butter & beat well. Add egg & essence & again beat well. Add almonds to Refined flour, mix well, add maida mix with butter mixture. Add cocoa solution to it & again mix well. For spoon dropping consistency add milk. Pour the mixture in a greased tin. Put it into low rack. When beep, select menu and cook.		
5-8	**Swiss roll**	200-250 g	Refined flour - 80 g, Condensed Milk - 100 g, Butter - 50 g, Soda Bicarb - ⅛ tsp, Baking Powder - ½ tsp, Milk - ½ cup, Vanilla essence - ½ tsp, Mix Fruit Jam - 2 tbsp
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Grease and dust Square cake tin of 8", Sieve flour with baking powder & Soda. In a bowl add condensed milk & butter, beat well, add refined flour, essence & for spoon dropping consistency. Place the butter paper at the bottom of the tray & pour the batter on it. Put it into low rack. When beep, select menu and cook. Remove this cake on another butter paper & spread mix fruit jam over it. Roll it & cut slices.		
5-9	**Marble cake**	450-500 g	Refined flour - 150 g, Condensed Milk - 200 g, Butter - 100 g, Soda Bicarb - ½ tsp, Baking Powder - 1 tsp, Vanilla essence - 1 tsp, Cocoa Powder - 2 tbsp, Milk or water as required
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Sieve refined flour, baking powder & soda. In a bowl add condensed milk & butter & beat well. Add refind flour, essence & mix. For spoon dropping consistency add milk or water. Divide the mixture in two parts. Add cocoa powder in one part. Put the plain batter & cocoa batter alternately in the tin. Run a spoon through the batter only once. Put it into low rack. When beep, select menu and cook.		

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Code	Food	Serving size	Ingredients
5-10	**Coconut toffee**	300-350 g	Condensed Milk - 200 g, Fresh grated coconut - 1 cup, Chopped walnut - 100 g, Ghee - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl, mix the condensed milk, coconut and coo. When beep, add ghee and press start. After done add the chopped walnuts & mix well. Spread the mixture on a well greased tin. Press & level by pressing with a wet cloth. After 5 min. mark into small pieces. Remove when cold.		
5-11	**German biscuits**	400-450 g	Refined flour - 170 g, Butter - 115 g, Powder sugar - 60 g, Cashew nut powder - 60 g, Almond essence - ¼ tsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Sieve the flour, cream butter & sugar very well until light & creamy. Add the Almond essence & beat. Add cashew nut & sieved refined flour & mix well. The mixture will form into a dough. Roll into sticks & shape into a circle. Arrange this on baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.		
5-12	**Coconut cookies**	200-250 g	Refined flour - 85 g, Margarine or butter - 55 g, Desiccated coconut - 40 g, Powder sugar - 55 g, Water - 2 tsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Cream the margarine & sugar very well until light & creamy. Add 2 tsp of water. Sieve the flour & add to the creamy mixture. Add the desiccated coconut & mix well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook.		
5-13	**Cumin biscuits**	200 g	Refined flour - 120 g, Powder sugar - 1 tbsp, Butter - 50 g, Cumin & ajwain powder - 1 tsp each, Soda bi carb - 1 pinch, Baking powder - ¼ tsp, Water as required
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Sieve refined flour, baking powder & soda bi carb in a bowl, add powder sugar & butter & beep well. Add refined flour, cumin & ajwain powder & little water, make a soft dough. Roll a thick roti & cut cookies with the cutter. Prick with a fork. Arrange in a metal tray on low rack. When beep, select menu and cook.		

Code	Food	Serving size	Ingredients
5-14	**Chocolate cookies**	200-225 g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp, Baking powder - ½ tsp, Cocoa powder - 1 tbsp, Golden syrup - 1 tbsp
	< Recommendations >		
	Pre-heat the oven 160 °C with the convection function. Sieve the flour with cocoa & baking powder together. Cream the margarine & sugar very well until light & creamy. Add the vanilla essence & golden syrup & beat very well. Add the flour to the mixture & mix it well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook.		
5-15	**Jam biscuits**	200-250 g	Refined flour - 115 g, Margarine or butter - 60 g, Powder sugar - 60 g, Vanilla essence - ½ tsp, Cornflour - 25 g, Salt - 1 pinch, Milk as required, Jam
	< Recommendations >		
	Pre-heat the oven 160 °C with the convection function. Sieve the flour, salt & cornflour together. Rub in the margarine with finger tips. Add the sugar & mix well. Add just enough milk to make a dough. Roll out the dough into about 6 mm (¼) thickness. Cut with a round biscuit cutter. In every alternate biscuit, make a hole in the centre with about 12 mm (½) nozzle. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the buscuits. Make pairs of one biscuit with hole and one without and sandwich with jam.		
5-16	**Melting moments**	200-250 g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 100 g, Vanilla essence - ½ tsp, Cornflour - 25 g, Milk as required
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Sieve the flour & cornflour together. Cream the margarine & sugar very well until light & creamy. Add the flour. If required, add a few drops of milk. Mix very well. Shape the biscuit as you wish. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.		

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Code	Food	Serving size	Ingredients
5-17	**Shrewsbery biscuits**	400-450 g	Refined flour - 225 g, Margarine or butter - 100 g, Powder sugar - 85 g, Lemon essence - ¼ tsp, Egg - 1 ea, Milk as required
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the egg & mix it well. Add the sieved flour. If required add a little milk to make a dough. Knead until smooth. Roll out thinly. Prick all over with a fork. Stamp into round. Place the biscuits on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.		
5-18	**Almond - pistachio cookies**	250-300 g	Refined flour - 115 g, Margarine or butter - 50 g, Powder sugar - 50 g, Cardamom powder - ¼ tsp, Nutmeg powder - ¼ tsp, Chopped almond - 1 tbsp, Chopped Pistachio - 1 tbsp, Little saffron, Milk as required
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the saffron, cardamom & nutmeg powder & mix very well. Add the sieved flour & make a dough. Roll out the dough using a little flour. Sprinkle a few nuts & give a light final roll. Cut into desired shape. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.		
5-19	**Choco - cashew biscuits**	250-300 g	Refined flour - 85 g, Margarine or butter - 85 g, Powder sugar - 85 g, Cashew nut powder - 85 g, Almond Essence - ¼ tsp, Cocoa - 1 tbsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Sieve the flour. Cream the margarine & sugar very well until light & creamy. Add the Almond essence & mix very well. Add the flour, cocoa & cashew nut mix well, chill the mixture for 10 min. Roll out & cut out with round biscuit cutter. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.		

Code	Food	Serving size	Ingredients
5-20	**Kesar nankatai**	400 g	Refined flour - 100 g, Powder sugar - 100 g, Ghee - 100 g, Semolina - 100 g, Cardamom powder - ½ tsp, Nutmeg powder - ½ tsp, Fresh curd - 1 tsp, Soda Bicarb - ¼ tsp, Saffron - ¼ tsp, Milk - 1 tsp
	< Recommendations >		
	Pre-heat the oven 180 °C with the convection function. Sieve the flour. Cream the ghee & sugar very well until light & creamy. Add the cardamom & nutmeg powder & cream it again. The saffron dissolve in a 1 tsp of milk. Add the curd, soda bicarb & prepared saffron. Mix well. Add the flour & semolina & knead well. Make a small round. Arrange them on a baking tin. Put it into low rack. When beep, select menu and cook. Cool the biscuits. Serve them.		

USING THE INDIAN RECIPE (NON-VEGGIE) PROGRAMMES

The following table presents the various Indian Recipe (Non-Veggie) Programmes and appropriate recommendations.

6. Soups & Snacks

Code	Food	Serving size	Ingredients
6-1	**Chicken shorba**	300-400 g	Boneless Chicken - 100 g, Chopped Onion - 1 (medium size), Chopped Garlic - 4~5 cloves, Oil - 1 tbsp, Cumin Seeds - ½ tsp, Water - 1 cup, Coconut Milk - 1 cup, Peppercorns - 5~6, Salt as per taste, Cream - ¼ cup, Chopped Coriander Leaves - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl add oil, chopped onion, garlic cloves, cumin seeds & chicken, peppercorns. Mix well and cook. When beep add all the other ingredients, mix it well and press start.		
6-2	**Chicken soup**	350-400 g	Boneless Chicken - 150 g, Ginger paste - 1 tsp, Garlic paste - 1 tsp, Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 300 ml
	< Recommendations >		
	In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, corn flour paste & water, mix it well and cook. Serve hot.		

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Code	Food	Serving size	Ingredients
6-3	**Crab soup**	400-450 g	Crab - 150 g, Ginger paste - 1 tsp, Garlic paste - 1 tsp, Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 350 ml
	< Recommendations >		
	In microwave safe glass bowl add oil, crab, ginger paste, garlic paste, corn flour paste & water, mix it well. Mix it well and cook. Serve hot.		
6-4	**Chicken corn soup**	450-500 g	Boneless Chicken - 100 g, Crushed Corn - 50 g, Ginger Paste - 1 tsp, Garlic Paste - 1 tsp, Salt & Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 300 ml
	< Recommendations >		
	In microwave safe glass bowl add oil, chicken in small pieces, crushed corn, ginger paste, garlic paste, corn flour paste & water, mix it well and cook. Serve hot.		
6-5	**Chicken manchow soup**	450-500 g	Boneless Chicken - 150 g, Ginger, Garlic, Green Chili - 1 tbsp (small pieces), Salt & Pepper Powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Vinegar - 1 tsp, Chili sauce - ½ tsp, Soya sauce - ½ tbsp, Oil - 2 tbsp, Water - 350 ml
	< Recommendations >		
	In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste & chili sauce, soya sauce & vinegar, water, mix it well and cook. Serve hot.		
6-6	**Sea food soup**	300-350 g	Water - 200 ml, Prawns - 100 g, Ginger, Garlic, Green Chili - 1 tbsp (small pieces), Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl add oil, chicken in small pieces, ginger, garlic, green chili pieces, corn flour paste & water, mix it well and cook. Serve hot.		

Code	Food	Serving size	Ingredients
6-7	**Mutton soup**	300-350 g	Boneless Mutton - 150 g, Ginger paste - 1 tsp, Garlic Paste - 1 tsp, Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 300 ml
	< Recommendations >		
	In microwave safe glass bowl add oil, mutton in small pieces, ginger paste, garlic paste, corn flour paste & water, mix it well, cook. Serve hot.		
6-8	**Herb chicken soup**	350-400 g	Boneless Chicken - 150 g, Chopped Celery - 1 tbsp, Chopped Parsley - 1 tbsp, Oregano - ½ tsp, Chopped Coriander - 1 tbsp, Ginger Paste - 1 tsp, Garlic Paste - 1 tsp, Salt & Pepper powder as per your taste, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Oil - 2 tbsp, Water - 300 ml
	< Recommendations >		
	In microwave safe glass bowl add oil, chicken in small pieces, ginger paste, garlic paste, chopped celery, chopped parsley, oregano, chopped coriander, corn flour paste & water, mix it well and cook. Serve hot.		
6-9	**Tom yum chicken soup**	300-350 g	Chopped Boneless Chicken - 150 g, Fresh Coriander Leaves a few springs, Green or Fresh red chili - 3~4, Lemon Grass - 4 inches stalk, Lime leaves - 4~5, Salt as per your taste, Thai red curry paste - 2 tbsp, Lemon juice - 2 tbsp, Water - 350 ml
	< Recommendations >		
	In microwave safe glass bowl add water, boneless chicken, lemon grass, lime leaves & 2 red or green chili, salt, oil, thai red curry paste, lemon juice & cook. Serve hot.		
6-10	**Chicken chowmein soup**	400-450 g	Noodles - 200 g, Water - 2 cups, Chicken stock -1cup, Boiled Boneless Chicken -100 g, Soya Sauce, Chili Sauce, Vinegar, Salt & Pepper as per your taste, Oil as required
	< Recommendations >		
	In the microwave safe glass bowl take all ingredients except noodles and cook. When beep, add noodles and press start. Serve hot.		

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Code	Food	Serving size	Ingredients
6-11	**Chicken pizza**	200-250 g	Pizza Base - 100 g, Pizza toping - 3 tbsp, Boiled Boneless Chicken - 100 g, Grated Cheese - ½ cup, Chili Flakes as per your taste, Oregano for seasoning
	< Recommendations >		
	Pre-heat the oven 200 °C with the convection function. Add pizza toping, boneless chicken, cheese on pizza base. Put the pizza in low rack. When beep select menu and cook. Serve with oregano and chili flakes on top.		
6-12	**Fish peeper**	350-400 g	Fish slice - 300 g, Salt, Lemon juice, Pepper powder as per your taste, Oil - 3 tbsp, Chopped Onion - 4 tbsp, Chopped Tomato - 3 tbsp, Chopped Garlic - 2 tsp, Water as required, Coriander leaves - 1 tbsp
	< Recommendations >		
	Marinate fish slice with salt, lemon juice & pepper powder for one hour. In microwave safe bowl put oil, chopped onion, chopped tomato, chopped garlic & cook. When beep add marinated fish, salt to taste & ¼ cup of water and press start. Garnish with chopped coriander leaves.		
6-13	**Lemon chicken**	400-450 g	Boneless Chicken - 300 g, Lemon juice - 3 tbsp, Salt as per your taste, Honey - 3 tsp, Pepper powder - 1 tsp, Olive Oil - 2 tbsp, Corn Flour - 2 tbsp, Corn Flour Paste - 2 tbsp (dissolve in ½ cup of water), Chopped Coriander leaves - 1 tbsp
	< Recommendations >		
	Marinate chicken with pepper powder, salt, lemon juice & keep for one hour in refrigerator. In microwave safe bowl take olive oil, marinated chicken & mix it well, and cook. When beep turn the chicken, add honey, corn flour paste & press start.		
6-14	**Kheema ball**	300-350 g	Boiled Chicken Kheema - 175 g, Boiled & Mashed Potato - 3 ea, Ginger, Garlic paste, Salt, Garam Masala, Coriander, Lemon juice as per your taste, Bengali Gram powder - 2 tbsp
	< Recommendations >		
	Mix all the ingredients together. Make balls from it. Place the balls greased microwave crusty plate with high rack and cook. When beep turn over the balls and cook, serve hot.		

Code	Food	Serving size	Ingredients
6-15	**Chili chicken**	300-350 g	Boneless Chicken - 250 g, Chopped Ginger - ½ tsp, Chopped Garlic - ½ tsp, Vinegar - 1 tbsp, Soya sauce - 2 tbsp, Ajinomoto - ½ tsp, Green chili - 4~5 ea (slit length ways), One medium capsicum : cut into thin strips, One small onion - cut into ½" thin strips, Onion leaves - 2~3 (cut into long strips), Sugar - 1 tsp, Salt as per your taste, Sherry - 2 tsp, Corn Flour - 2 tsp (dissolve in ½ of water), Oil - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl mix oil, ajinomoto, ginger-garlic, chili, soya sauce & chicken and cook. When beep add all ingredients & ¼ cup of water, mix it well, cover it & press start. Serve hot.		
6-16	**Ginger chicken**	300-350 g	Boneless Chicken - cut into small pieces, Soya sauce - 3 tbsp, Grated Ginger - 1 tbsp, Thinly sliced Ginger - 1 tbsp, Spring onion - 3~4 (chopped with green part), Sherry - 2 tbsp, Ajinomoto - ½ tsp, Salt as per your taste, Pepper powder - 1 tsp, Corn Flour - 2 tsp (dissolve in ½ of water), Oil - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl mix oil, chicken, grated ginger, sherry, spring onion & soya sauce. Mix it well & cover it & cook. When beep add salt, pepper & sliced ginger. Mix it well, add corn flour paste, ¼ cup of water, mix it well and press start. Serve hot.		
6-17	**Chicken with mushroom & Baby corn**	400-450 g	Boneless Chicken - 225 g, Sliced Mushroom - 100 g, Diagonally sliced baby corn - 100 g, Garlic Paste - 1 tsp, Ginger Paste - 1 tsp, Oil - 2 tbsp, Soya Sauce - 1 tsp, Vinegar - 1 tsp, Salt & Pepper as per your taste, Corn Flour - 2 tbsp (dissolve with half cup of water), Ajinomoto - ¼ tsp
	< Recommendations >		
	In microwave safe glass bowl take oil, ginger paste, garlic paste, chicken and cook. When beep add mushroom, baby corn, all other ingredients, ½ cup of water, mix it well & press start. Serve hot.		

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Code	Food	Serving size	Ingredients
6-18	**Schezwaan chicken**	500-550 g	Boneless Chicken - 400 g, Grind red chili - 10, Oil - 3 tbsp, Garlic paste - 1 tbsp, Garlic finely - 1 tbsp (chopped), Tomato sauce - 4 tbsp, Vinegar - 1 tbsp, Red Chili Sauce - 2 tbsp, Soya Sauce -1½ tbsp, Salt & Sugar as per your taste, Corn flour - 1 tbsp, Ajinomoto - ¼ tsp, Orange color - 1 pinch
	< Recommendations >		
	In microwave safe glass bowl add oil, chopped garlic, grind red chili and cook. When beep add garlic paste & all other ingredients. Mix it well & press start.		
6-19	**Sweet & Sour chicken**	400-450 g	Boneless Chicken - 200 g, Cauliflower - 50 g (cut into ½ inch pieces), Carrot - 1 (medium size, cut into round), Spring Onion - 2~3 (finely chopped), Capsicum - 1 (medium, cut into long pieces), Tomato - 1 (cut into thick sticks), Vinegar - 4 tsp, Sugar - 2 tsp, Tomato sauce - 2 tbsp, Soya sauce - 1½ tsp, Ajinomoto - ¼ tsp, Oil - 2 tbsp, Orange red color - 1 pinch, Red Chili Powder, Salt as per your taste, Corn flour - 2 tbsp (dissolve with ½ cup of water)
	< Recommendations >		
	In microwave safe glass bowl add oil, red chili powder, chicken and cook. When beep add carrot, spring onion, cauliflower, capsicum, tomato & all other ingredients. Mix it well & press start. Serve hot.		
6-20	**Chicken hongkong**	400-450 g	Boneless Chicken - 250 g (cut into bite size pieces), Cashew nut - 15~20, Dried broken red chilies - 6, Fresh garlic - 4~5 (chopped), Sherry - 2 tbsp, Salt & Sugar as per your taste, Oil - 2 tbsp, Ajinomoto - ½ tsp, Cornflour - 2 tsp (dissolve in 1 cup of water)
	< Recommendations >		
	In microwave safe glass bowl add oil, ginger, soya sauce, sherry, ajinomoto, salt, sugar, chicken and cook. When beep add broken dried red chili powder, garlic, corn flour, cashew nut, all other ingredients. Mix it well and press start.		

7. Indian Special Chicken Dishes

Code	Food	Serving size	Ingredients
7-1	**Chicken with capsicum**	450-500 g	Chicken Breast - 250 g, Chopped Spaghetti - 75 g, Chopped green, Red, Yellow capsicum - Each 1 ea, Chopped Onion - 1 ea, Chopped tomato - 2 ea, Olive oil - 4 tbsp, Salt & pepper as per your taste, Grated cheese - 2 tbsp, Water - ½ cup
	< Recommendations >		
	In microwave safe glass bowl add olive oil, chicken, salt and cook. When beep add all ingredients. Mix it well, add water, cover it & press start. Sprinkle grated cheese & serve hot.		
7-2	**Chicken korma**	500-550 g	Chicken - 450 g, Cashew nut powder - 2 tbsp, Ginger-garlic & green chili paste - 2 tbsp, Yogurt - ½ cup, Red chili powder - 1 tsp, Coriander powder - 2 tsp, Oil - 3 tbsp, Salt - as per your taste, Fresh cream - ½ cup, Garam Masala Powder - 1 tsp, Turmeric powder - 1 tsp, Chopped Coriander leaves
	< Recommendations >		
	Beat yogurt with ginger-garlic & green chili paste, red chili powder, coriander powder & salt. Marinate chicken in this mixture for one hour. Take it in refrigerator. In microwave safe glass bowl take oil, marinated chicken & cook. When beep mix cashew nut paste, garam masala powder and press start. Mix it well & serve hot. Garnish it with chopped coriander leaves.		
7-3	**Mirchi chicken**	400-450 g	Chicken legs - 5~6, Chopped coriander leaves - 2 tbsp, Oil - 4 tbsp, Tomato puree - 1 cup, Sugar & salt as per your taste, Onion paste - 4 tbsp, Ginger-garlic & green chili paste - 2 tbsp, Lemon juice - 2 tsp, Garam Masala - 1 tsp
	< Recommendations >		
	Marinate chicken with onion, ginger-garlic & green chili paste. Place it in refrigerator for 2-3 hrs. In microwave safe glass bowl add oil, marinated chicken & cook. When beep add tomato puree, salt, sugar, garam masala & press start. Garnish with coriander leaves & serve hot.		

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Code	Food	Serving size	Ingredients
7-4	**Butter chicken**	500-550 g	Boneless Chicken - 400 g, Lemon juice - 1 tbsp, Kashmiri red chili powder - 1 tsp, Salt & sugar - as per your taste, Butter - 4 tbsp, Ginger-garlic paste - 2 tbsp, Garam Masala - 1 tsp, Yogurt - ½ cup, Dried fenugreek leaves - 1 tsp, Mustard oil - 2 tsp, Chopped onion paste - 1 cup, Tomato puree - ½ cup, Chopped coriander - 1 tbsp, Fresh cream - ½ cup & orange-red color - 1 pinch
	< Recommendations >		
	Marinate chicken with yogurt, mustard oil, lemon juice, ginger-garlic paste & place it in refrigerator for 1 hr. In microwave safe glass bowl add butter, onion paste, chicken & cook. When beep add all other ingredients, mix it well & cover it & press start. Garnish with chopped coriander.		
7-5	**Chicken & Mushroom with tomato**	500-600 g	Boneless Chicken - 450 g, Chopped Mushroom - 8~10, Spring onion - 3~4, Finley chopped Garlic - 5~6, Chopped red chili - 1 tbsp, Pepper powder - ¼ tsp, Tomato puree - ½ cup, Honey - 2 tsp, Oregano - ¼ tsp, Butter - 2 tbsp, Salt as per your taste
	< Recommendations >		
	In microwave safe glass bowl take oil, garlic, chicken, salt and cook. When beep add mushroom, tomato puree & all other ingredients, mix it well. Cover it and press start. Sprinkle spring onion & serve hot.		
7-6	**Chicken with fenugreek**	500-550 g	Chicken - 500 g (medium size pieces), Chopped fresh fenugreek - 2 cup, Coriander leaves - 2 tbsp, Garam masala powder - 1 tsp, Red chili powder - 1 tsp, Yogurt - 1 cup, Butter - 2 tbsp. For Fine Paste : Onion - 1 ea, Garlic - 4~5 cloves, Ginger - 1", Green chili - 2~3, Water - 1 cup
	< Recommendations >		
	In microwave safe glass bowl take butter, chicken, paste and cook. When beep add fenugreek leaves, yogurt & all other ingredients, ½ cup of water press start. Serve hot. Garnish with coriander leaves.		

Code	Food	Serving size	Ingredients
7-7	**Chicken jalfrazi**	500-600 g	Chicken - 500 g (medium size pieces), Onion - 1 (chopped), Garlic - 4~5 flakes, Tomato Puree - 4 ea, Grated Ginger - 1 tsp, Garam Masala - 1 tsp, Cumin Powder - 1 tsp, Red Chili Powder - 1 tsp, Lemon Juice - ½ tsp, Turmeric powder - 1 tsp, Oil - 3 tbsp, Capsicum - 1 ea, Cream - 1 cup
	< Recommendations >		
	In microwave safe glass bowl add oil, onion, ginger, garlic, haldi, chicken and cook. When beep add capsicum & all other ingredients, all spices & lemon juice except cream. Mix well and press start. After done add cream, mix it well & serve hot.		
7-8	**Chicken jafrani**	600-700 g	Chicken - 500 g (cut into long pieces), Yogurt - ½ cup, Lemon juice - 2 tbsp, Cream - ½ cup, Salt as per your taste, Garam Masala - 1 tsp, Coriander powder - 1 tsp, Cumin powder - 1 tsp, Saffron - ¼ tsp, Chopped coriander - 1 tsp for garnish
	< Recommendations >		
	Beat well yogurt, cream & lemon juice & add all other ingredients. Marinate chicken & put it in refrigerator for 2 hrs. In microwave safe glass bowl add marinated chicken, cover it and cook.		
7-9	**Pickled chicken**	350-400 g	Boneless chicken - 250 g (cut into long & thin strips), Red chili powder - ½ tsp, Vinegar - 4 tbsp, Sugar - 1 tbsp, Soya sauce - 1 tsp, Tomato sauce - 2 tbsp, Oil - 2 tbsp, Salt & sugar as per your taste. Orange red color - 1 pinch, Corn flour - 2 tsp (dissolve with ½ cup of water)
	< Recommendations >		
	In microwave safe glass bowl add oil, ginger, red chili powder & chicken. Mix it well & cook. When beep add all other ingredients. Mix it well & press start. Note : Instead of chicken, fish & prawns can be used.		

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Code	Food	Serving size	Ingredients
7-10	**Yogurt chicken**	500-600 g	Chicken - 500 g, Yogurt - 1 cup, Finely chopped mint leaves - 1 tbsp, Corn flour - 1 tbsp (mix in 2 tbsp water), Oil - 2 tbsp, Chopped onion - 1 ea, Chopped green chili - 2~3, Chopped ginger - 1 tbsp, Garam Masala - 1 tsp, Dried fenugreek leaves - 1 tsp, Salt as per your taste, Chopped coriander - 1 tbsp
	< Recommendations >		
	In microwave safe glass bowl add oil, onion, green chili, ginger & chicken, mix it well & cook. When beep add all other ingredients, ½ cup of water. Cover it and press start. Sprinkle chopped mint & coriander leaves. Serve hot.		
7-11	**Chicken makhani**	600-700 g	Chicken - 600 g (cut into pieces of your choice), Chopped onion - 1 ea, Ginger paste - 1 tsp, Garlic paste - 1 tsp, Tomato puree - ½ cup, Garam Masala - 1 tsp, Coriander powder - 1 tsp, Cumin powder - 1 tsp, Chili powder - 1 tsp, Turmeric powder - 1 tsp, Dried Fenugreek leaves - 1 tsp, Cashew nut powder - 4 tbsp, Cream - ½ cup, Oil - 4 tbsp, Orange-red colour - 1 pinch, Chopped coriander leaves
	< Recommendations >		
	In microwave safe glass bowl take oil, ginger-garlic paste, onion, turmeric, chili powder, chicken and cook. When beep add all other ingredients, 1 cup of water. Cover it and press start. Garnish with coriander leaves.		
7-12	**Chicken dil bahar**	600-700 g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 ea, Garlic paste - 1 tsp, Oil - 4 tbsp, Chopped green chili - 2~3, Chopped Almond paste - 2 tbsp, Garam Masala - 1 tsp, Milk - 1 cup, Chopped coriander - 1 tbsp, Water - ½ cup, Salt as per your taste
	< Recommendations >		
	In microwave safe glass take oil, onion, garlic paste, green chili, chicken. Mix it well and cook. When beep add all other ingredients ½ cup of water, cover it and press start. Garnish with coriander leaves.		

Code	Food	Serving size	Ingredients
7-13	**Green chicken**	700-800 g	Chicken - 500 g (cut into pieces of your choice), Chopped green chili - 3~4, Chopped coriander - ½ cup, Chopped mint - ¼ cup, Two sticks chopped celery, Chopped spring onion - 2 ea, Garlic paste - 1 tsp, Ginger paste - 1 tsp, Cumin powder - 1 tsp, Oil - 3 tbsp, Salt - 1 tsp
	< Recommendations >		
	Grind together mint, coriander, celery, green chili to a paste. In microwave safe glass bowl take oil, green paste & all other ingredients. Mix well and cook. When beep add ½ cup water, mix it well and press start. Serve hot.		
7-14	**Goanese chicken**	600-700 g	Chicken - 500 g (cut into pieces of your choice), Chopped onion - 2 ea, Chopped tomato - 2 ea, Ginger-garlic paste - each 1 tsp, Red chili powder - 1 tsp, Turmeric powder - 1 tsp, Cumin powder - 1 tsp, Cinnamon powder - ½ tsp, Oil - 4 tbsp, Vinegar - 2 tbsp, Water - 1 cup
	< Recommendations >		
	In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When beep add 1 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves and serve hot.		
7-15	**Chicken masala**	500-600 g	Chicken - 400 g (cut into pieces of your choice), Chopped onion - 3 ea, Chopped tomato - 3 ea, Ginger-garlic paste - each 1 tsp, Turmeric, Red chili powder - each 1 tsp, Garam Masala - 1 tsp, Oil - 2 tbsp, Salt as per your taste, Chopped coriander, Water - 1 cup
	< Recommendations >		
	In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder, turmeric powder and cook. When beep add 1 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves & serve hot.		

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Code	Food	Serving size	Ingredients
7-16	**Kadhai chicken**	600-700 g	Chicken - 400 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp, Tomato puree - ½ cup, Red chili powder - ½ tsp, Coriander powder - 1 tsp, Garam masala - 1 tsp, Sugar - 1 tsp, Two large capsicum cut into strips, Corn flour - 2 tbsp (dissolve in 3 cups of water), Oil - 4 tbsp, Dried fenugreek leaves - 1 tsp
	< Recommendations >		
	In microwave safe glass bowl take oil, ginger-garlic, onion, chicken, red chili powder and cook. When beep add 3 cup water, all other ingredients, mix it well and press start. Garnish with coriander leaves & serve hot.		
7-17	**Kheema masala**	400-500 g	Kheema (chicken) - 200 g, Chopped onion - 1 ea, Chopped tomato - 1 ea, Ginger garlic paste - 1 tsp, Turmeric, Salt, Red chili, Cumin powder, Garam masala as per taste, Oil and water as required, Dhaniya for garnishing
	< Recommendations >		
	In microwave safe glass bowl take kheema with water and cook. When beep drain water and keep aside. In another microwave safe bowl add oil, chopped onion, tomato, ginger garlic paste and all the masala and press start. After done, add boiled kheema to this, mix well and serve.		
7-18	**Chicken chettinad**	700-800 g	Chicken - 500 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp, Tomato puree - ½ cup, Red chili powder - ½ tsp, Chopped onion - 2 ea, Coconut Oil - 3 tbsp, Curry leaves -10~12, Freshly Crushed pepper - 2 tsp, Chopped Coriander powder - 1 tsp, Garam masala - 1 tsp, Water - 2 cups, Yogurt - ½ cup
	< Recommendations >		
	Marinate chicken with yogurt, ginger-garlic paste, pepper corns, salt and keep in refrigerator for 1 hr. In microwave safe glass bowl add coconut oil, chopped onion, garam masala and marinated chicken. Mix well and cook. When beep add all other ingredients mix it well and press start. Garnish with coriander leaves. Serve hot.		
7-19	**Hyderabadi chicken**	700-800 g	Chicken - 600 g (cut into pieces of your choice), Ginger-garlic paste - each 1 tsp, Tomato puree - ½ cup, Finely chopped onion - 2 ea, Finely Chopped tomato - 2 ea, Oil - 4 tbsp, Water - 1 cup, Cream - 4 tbsp, Salt as per taste, Chopped coriander leaves. For paste : Red chili - 4~5, Cashew nut - 10~12, Magaj - 2 tbsp, Poppy seeds - 1 tbsp, Almond - 7~8, Cloves - 4 ea, Cinnamon - 2 sticks, Cardamom - 2 ea, Make a fine paste of all these ingredients.
	< Recommendations >		
	In microwave safe glass bowl add oil, finely chopped onion, chicken with given paste and cook. When beep add all other ingredients, water, mix it well and press start. Garnish with coriander leaves. Serve hot.		
7-20	**Pepper chicken**	400-450 g	Boiled boneless chicken - 300 g, Salt, Lemon juice, Pepper powder as per your taste, Oil - 3 tbsp, Chopped onion - 4 tbsp, Chopped tomato - 3 tbsp, Chopped garlic - 2 tsp, Water as required, Coriander leaves - 1 tbsp
	< Recommendations >		
	Take boiled chicken, marinate with salt, lemon juice, pepper powder for 1 hour. In microwave safe bowl put oil, chopped onion, chopped tomato, chopped garlic and cook. When beep add marinated chicken, salt to taste, ¼ cup of water and press start. Garnish with chopped coriander leaves.		

8. Tandoori

Code	Food	Serving size	Ingredients
8-1	**Roasted prawns**	600-700 g	Prawns - 500 g, Chopped onion - 2 ea, Chopped tomato - 2 ea, Oil - 2 tbsp, Red Chili powder - 1 tsp, Turmeric powder - ½ tsp, Ginger-garlic paste - each 1 tsp, Garam Masala - 1 tsp, Cumin powder - 1 tsp, Coriander powder - 1 tsp, Chopped coriander leaves - 2 tbsp, Little water
	< Recommendations >		
	In microwave safe glass bowl add oil, finely chopped onion, chopped tomato, ginger-garlic paste, red chili powder, turmeric powder and cook. When beep add prawns, all other ingredients mix it well, and press start. Garnish with coriander leaves. Serve hot.		

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Code	Food	Serving size	Ingredients
8-2	**Fish cutlet**	350-400 g	Fish fillet - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp, Red chili powder - 1 tsp, Turmeric powder - 1 tsp, Ginger-garlic paste - 1 tsp, Salt as per your taste, Garam Masala - 1 tsp, Coriander leaves - 2 tbsp
	< Recommendations >		
	In bowl take fish fillet, all other ingredients except oil and mix well. Make cutlets. Put them on a metal tray, put some oil around the cutlets. Put this on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-3	**Fish tikka**	500 g	Fish (pomfert) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp, Ginger-garlic paste - each 1 tsp, Orange red colour - 1 pinch, Oil - 2 tbsp, Semolina - 2 tbsp, Red chili powder - 1 tsp, Salt as per your taste, Coriander leaves - 2 tbsp
	< Recommendations >		
	Marinate fish slice with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Put them on metal tray with high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-4	**Green masala pomfert**	400 g	Fish (pomfert) - 400 g, Ginger-garlic paste - 1 tsp each. Oil - 2 tbsp, Semolina - 2 tbsp, Salt as per your taste, Coriander leaves - 2 tbsp For green paste : Fresh coconut - 1 cup, Coriander leaves - 4 tbsp, Green chili - 2~3, Cumin seeds - 1 tsp, Garlic - 10~12 cloves, Lemon juice - 1 tbsp, Salt & Sugar as per your taste, Make a fine paste of it.
	< Recommendations >		
	Make the slice of the fish. Apply the green paste all over the fish. Roll out fish in semolina. Put on metal tray with high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		

Code	Food	Serving size	Ingredients
8-5	**Fish malai kabab**	400-450 g	Fish fillet - 300 g, Garlic paste - 1 tsp, Anissed powder - 1 tsp, Dry mango powder - 1 tsp, Red chili powder- 1 tsp, Cream - 4 tbsp, Oil - 2 tbsp, Salt as per your taste, Coriander leaves - 1 tbsp
	< Recommendations >		
	Place fish in a bowl. Add all the ingredients & mix well. Let it marinate for 2 hrs. at refrigerator. Place kabab on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-6	**Goanese fish kabab**	400-500 g	Surmai (Goanese fish) - 300 g (cut into pieces), Tamarind juice - 2 tbsp, Red chili powder - 1 tsp, Turmeric powder - ½ tsp, Cumin powder - ½ tsp, Coconut oil - 1 tbsp, Rice flour - 1 tbsp, Chopped peppercorn - 1 tsp, Salt as per your taste, Coriander leaves - 1 tbsp
	< Recommendations >		
	Place fish in a bowl. Add all the ingredients & mix well. Let it marinate for 1 hr. at refrigerator. Place kabab on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-7	**Sesame fish (Goanese recipe)**	400-500 g	Surmai (Goanese fish) - 400 g (cut into pieces), Dry mango powder - 1 tsp, Red chili powder - 1 tsp, Turmeric powder - ½ tsp, Garam Masala - 1 tsp, Ginger-garlic paste - each 1 tsp, Coconut oil - 2 tbsp, Rice flour - 1 tbsp, Salt as per your taste, Sesame seeds - 4~5, Coriander leaves - 1 tbsp
	< Recommendations >		
	In a bowl add fish & all the other ingredients except sesame seeds & mix well & let marinate for 2 hrs. at room temperature. Lift one piece at a time & roll in sesame seed so that it is fully covered. Place fish on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		

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Code	Food	Serving size	Ingredients
8-8	**Coconut fish kabab**	400-500 g	Fish (pomfert) - 400 g (cut into pieces), Ginger- garlic paste - each 1 tsp, Pepper powder - ½ tsp, Cumin powder - ½ tsp, Lemon juice - 2 tbsp, Corn flour - 1 tsp, Powdered coconut (desiccated coconut) - 4 tbsp, Salt as per your taste
	< Recommendations >		
	In a bowl add fish pieces & all other ingredients except coconut. Mix well, late it marinate for 2-3 hrs. at room temperature. Pick fish pieces one by one & roll into the coconut so that fully coated with it. Place fish on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-9	**Chicken tikka**	400-450 g	Boneless chicken - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp, Ginger-garlic paste - each 1 tsp, Orange red colour - 1 pinch, Oil - 2 tbsp, Semolina - 2 tbsp, Red chili powder - 1 tsp, Salt as per your taste, Coriander leaves - 2 tbsp
	< Recommendations >		
	Marinate chicken with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Put on metal tray with high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-10	**Kheema cutlet**	350-400 g	Boiled Kheema - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp, Red chili powder - 1 tsp, Turmeric powder - 1 tsp, Ginger-garlic paste - 1 tsp, Salt as per your taste, Garam Masala - 1 tsp, Coriander leaves - 2 tbsp
	< Recommendations >		
	In bowl take kheema & all other ingredients except oil & mix well. Make cutlets. Put them on a metal tray, add some oil around the cutlets. Put them on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		

Code	Food	Serving size	Ingredients
8-11	**Chicken malai kabab**	400-450 g	Boneless chicken - 300 g, Garlic paste - 1 tsp, Anissed powder - 1 tsp, Dry mango powder - 1 tsp, Red chili powder - 1 tsp, Cream - 4 tbsp, Oil - 2 tbsp, Salt as per your taste, Coriander leaves - 1 tbsp
	< Recommendations >		
	Place chicken in a bowl. Add all the ingredients & mix well. Let it marinate for 2 hrs. at refrigerator. Place kabab on a metal tray with high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-12	**Green chicken kabab**	400 -450 g	Boneless chicken - 400 g, Ginger-garlic paste - 1 tsp each. Oil - 2 tbsp, Semolina - 2 tbsp, Salt as per your taste, Coriander leaves - 2 tbsp. For Green paste : Fresh coconut - 1 cup, Coriander leaves - 4 tbsp, Green chili - 2~3, Cumin seeds - 1 tsp, Garlic - 10~12 cloves, Lemon juice - 1 tbsp, Salt & sugar as per your taste & make a fine paste of it.
	< Recommendations >		
	Make the slice of the chicken. Apply the green paste all over the chicken pieces. Roll out fish in semolina. Keep on metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-13	**Chicken kheema cutlet**	350-400 g	Boiled Kheema - 250 g, Boiled potato - 2 ea, Bread crumbs - 1 cup, Oil - 2 tbsp, Red chili powder - 1 tsp, Turmeric powder - 1 tsp, Ginger-garlic paste - 1 tsp, Salt as per your taste, Garam Masala - 1 tsp, Coriander leaves - 2 tbsp
	< Recommendations >		
	In bowl take chicken kheema, all other ingredients except oil & mix well. Make cutlets. Put them on a metal tray, put some oil around the cutlets. Keep this on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		

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Code	Food	Serving size	Ingredients
8-14	**Saucy kabab**	500-550 g	Boiled Kheema - 500 g, Ginger-garlic-green chili paste - 1 tsp each, Chopped onion - 1 ea, Red chili powder - 1 tsp, Cumin powder - ½ tsp, Garam Masala - 1 tsp, Salt as per your taste, Corn flour - 2 tbsp. For sauce : Mix vinegar - 1 tsp, Soya sauce - 1 tsp, Tomato sauce - 2 tbsp, Chili sauce - 1 tbsp
	< Recommendations >		
	Mix kheema, all other ingredients and shape into kabab as you wish. Apply little oil, place this on high rack and cook. When beep, turn them over and press start. Coat kabab with sauce. Serve hot.		
8-15	**Sesame chicken**	400-500 g	Boneless chicken - 400 g (cut into pieces), Dry mango powder - 1 tsp, Red chili powder - 1 tsp, Turmeric powder - ½ tsp, Garam Masala - 1 tsp, Ginger-garlic paste - 1 tsp each, Coconut oil - 2 tbsp, Rice flour - 1 tbsp, Salt as per your taste, Sesame seeds - 4~5, Coriander leaves - 1 tbsp
	< Recommendations >		
	In a bowl add chicken, all the other ingredients except sesame seeds and mix well, let marinate for 2 hrs. at room temperature. Lift one piece at a time, roll in sesame seed so that it is fully covered. Place fish on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-16	**Tandoori chicken**	500-600 g	Chicken - 500 g, Garlic paste - 1 tsp, Ginger paste - 1 tsp, Red chili powder - 1 tsp, Coriander, cumin powder - 1 tsp each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp, Salt to taste, Oil - 2 tbsp, Garnish with onion ring & lemon pieces
	< Recommendations >		
	In a bowl mix all ingredients except oil. Add chicken & mix well. Let it marinate for 2-3 hrs. in refrigerator. Place chicken on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with onion ring & lemon pieces. Serve hot.		

Code	Food	Serving size	Ingredients
8-17	**Tandoori mutton**	500-600 g	Boneless Mutton - 500 g, Garlic paste - 1 tsp, Ginger paste-1 tsp, Red chili powder - 1 tsp, Coriander, cumin powder - 1 tsp each, Yogurt - 1 cup, Orange-red colour - 1 pinch, Corn flour - 2 tbsp, Salt - to taste, Oil - 2 tbsp, Garnish with onion ring & lemon pieces
	< Recommendations >		
	In a bowl mix all ingredients except oil. Add mutton & mix well. Let it marinate for 2-3 hrs. in refrigerator. Place chicken on a metal tray on high rack and cook. When beep, turn them over and press start. Garnish with onion ring & lemon pieces. Serve hot.		
8-18	**Mutton tikka**	400-450 g	Mutton (cut into pieces) - 400 g, Thick yogurt - ½ cup, Chat Masala - 1 tsp, Ginger-garlic paste - 1 tsp each, Orange red colour - 1 pinch, Oil - 2 tbsp, Semolina - 2 tbsp, Red chili powder - 1 tsp, Salt as per your taste, Coriander leaves - 2 tbsp
	< Recommendations >		
	Marinate mutton with salt, thick yogurt, ginger-garlic paste, orange-red colour, red chili powder, mix it well & keep it in refrigerator for ½ hr. Roll it in semolina. Keep on metal tray on high rack and cook. When beep, turn them over and press start. Garnish with coriander leaves. Serve hot.		
8-19	**Fish tikka achari**	450-500 g	Surmai fillets - 300 g (cut into 2" pieces), Lemon juice - 2 tbsp, Ginger-garlic paste - 1 tsp each, Turmeric powder - ½ tsp, Kashmiri red chili powder - 2 tsp, Mustard seed powder - 1 tsp, Onion seeds powder - 1 tsp, Fenugreek seed powder - ½ tsp, Black salt - ½ tsp, Mustard oil - 2 tbsp, Yogurt whisked - 1 cup, Butter - 2 tbsp
	< Recommendations >		
	Place the fish in a bowl, add salt, lemon juice, ginger-garlic paste, turmeric powder, chili powder, mustard seed powder, fenugreek seed powder, onion seed powder, mix it well & take it refrigerator for 2 hrs. Arrange the fish pieces and brush the oil on metal tray, put it on high rack and cook. When beep turn the pieces, apply little oil and press start. Serve hot.		

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Code	Food	Serving size	Ingredients
8-20	**Tandoori chicken chaat**	350-400 g	Boneless Chicken - 250 g, Red chili powder - 1 tsp, Ginger-garlic paste - 1 tsp, Yoghurt - ½ cup, Salt to taste, Lemon juice - 1 tbsp, Garam masala - 1 tsp, Oil - 2 tbsp, Small green, yellow, red capsicum seeded - 1 (thin strip), Onion - 1 (medisum size, sliced), Green chili - 2 (chopped), Chopped coriander - 2 tbsp, Chaat masala - 1 tsp
	< Recommendations >		
	In glass bowl take chicken with oil, ginger garlic paste yogurt, salt, lemon juice, garam masala. Mix it well & take it in refrigerator for 2 hrs. Preheat it in oven for 200 °C. When beep put all this on metal tray with low rack, select menu and cook. After done, add all other ingredients, mix it well, garnish with coriander.		

9. All time favorite

Code	Food	Serving size	Ingredients
9-1	**Chicken a'la kiev**	550-600 g	Boneless chicken - 500 g, French beans - 18~20 (cut into 1 piece), Carrots - 2 (medium size, cut into 1 piece), Sticky celery - 2 (chopped), Capsicums - 2 (cut into ¼" pieces), Milk - ½ cup, Maida - 2 tbsp, Pepper - 1 tsp, Mustard powder - 1 tsp, Salt - 1 tsp, Grated cheese (Amul) - 4 tbsp
	< Recommendations >		
	In microwave safe glass bowl mix chicken, carrots, celery, french beans, 2-3 tbsp water, cover it and cook. When beep add all ingredients and press start. Add grated cheese. Garnish with parsley or coriander.		
9-2	**Poulet a'la burgundy**	600-650 g	Boneless chicken-500 g, Oil - 2 tbsp, Garlic - 3~4 flakes (minced), Spring onions - 3~4 (chopped), Celery - 2~3 sticks (chopped), Tej patta (bay leaf) -1, Red wine - ¼ cup, Flour (maida) - 2½ tbsp, Ajwain - ½ tsp (powdered), Pepper powder - 1 tsp, Salt - 1 tsp
	< Recommendations >		
	In microwave safe glass bowl mix chicken with oil, garlic, chopped spring onions, bay leaf, celery and cook. When beep in another dish take flour, all ingredients, chicken and cook. Sprinkle spring onion greens on top and serve hot with garlic bread.		

Code	Food	Serving size	Ingredients
9-3	**Chicken & Mushroom gratin**	500-550 g	Boneless chicken - 200 g (cut into bite size pieces), Mushrooms quartered (cut into 4 pieces each) - 200 g, Oil or butter - 2 tbsp, Maida (flour) - 2 tbsp, Salt - 1 tsp, Pepper - 1 tsp, Rum or sherry (optional) - 1 tsp, Cream - 100 g (½ cup), Water - ½ cup, some chopped celery or coriander leaves for garnishing
	< Recommendations >		
	In microwave safe plate butter, maida and cook. When beep, take it cake tin and add chicken, all other ingredients. Put it on the low rack and press start. Sprinkle chopped celery or coriander and serve hot.		
9-4	**Meat loaf**	500-550 g	Keema - 500 g (Meanced meat), Curd - ¾ cup, 2 eggs, Garlic paste - 1 tsp, Ginger paste - 1 tsp, Garam masala powder - 1 tsp, Lemon juice - 2 tbsp, Chopped coriander leaves - 2 tbsp, Salt - 1 tsp, Pepper - 1 tsp (adjust to taste), Bread slices - 3 pieces (soaked in water, squeezed & crumbled) For sauce : Maida - 1 tsp, Mustard powder - ½ tsp, Worcestershire sauce - 1 tbsp, Tomato sauce - 1 tbsp, Chili sauce - 1 tbsp
	< Recommendations >		
	Mix all ingredients given under loaf. Grease the dish & put keema in it and cook. To the juices, add all ingredients given under sauce. When beep, pour the sauce on a loaf and put on high rack and press start. Serve with sauce & decorate with coriander.		
9-5	**Thai chicken**	900 g	For green paste : Green chillies - 6~8, Spring onions - 3 ea (chopped along with the green part), Lemon grass leaves - 4 (optional), Ginger - 2" piece, Coriander leaves - 3 tbsp. For main dish : Boneless chicken - 700~800 g (cut into pieces), Coconut milk - 1½ cups, Salt - 1½ tsp, Jaggery - a tiny piece, Coriander powder - 1 tbsp, Cumin powder - 1 tbsp, Oil - 2 tbsp
	< Recommendations >		
	In grinder prepare green paste. Churn grated one coconut in mixer. In microwave safe glass bowl add chicken, oil and cook. When beep, add salt jaggery and coconut milk. Mix well and press start.		

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Code	Food	Serving size	Ingredients
9-6	**Chicken pulao**	600-700 g	Basmati rice - 1½ cup, Boneless chicken - 4 pieces (2 legs & 2 thighs or 2 legs & 2 breasts), Onions - 2 (medium size, sliced thinly), Cloves - 4, Cinnamon - 1", Black cardamom - 2, Pure ghee - 3 tbsp, Chopped tomatoes - 2, Salt - 2 tsp, Garam masala - 1 tsp, Red chili powder - 1 tsp, Garlic paste - 1 tsp, Ginger paste - 1 tsp, Water -2½ cups
	< Recommendations >		
	In microwave safe glass bowl add ghee onion, black cardamom and cook. When beep, add rice chicken, tomatoes, salt, garam masala, red chillies, garlic, ginger paste, water. Mix well and press start. Serve hot.		
9-7	**Keema pulav**	350-400 g	Keema - 200 g, Basmati Rice - 1 cup, Ghee - 4 tbsp, Cloves - 5 laung, Green cardamoms (broken) - 4, Ginger paste - 1 tbsp, Cinnamon - 1" piece, Bay leaf - 1, Onion - 1 (sliced thinly), Red chili powder - 1 tsp, Salt - 1 tsp, Garam masala - 1 tsp
	< Recommendations >		
	In microwave safe glass bowl mix ghee, laung, dalchini, bay leaf, cardmoms, rice, onion and cook. When beep, add keema, rice, water, mix it well and press start. Serve hot.		
9-8	**Mutton malai**	650-700 g	Mutton – 400 g, Ginger Garlic paste - 1 tbsp, Green chilies finely - 3~4 (chopped), Salt - 1¼ tsp, Magaz paste- 2 tbsp, coriander-for garnishing, Oil- 2 tbsp water ½ cup. For Gravy : Curd – 1 cup, Ginger Julian -1 tbsp, Salt - 1 tsp, Red chili powder - 1 tsp, Cumin powder - 1 tsp, Cream - 1 cup, Garam masala - 1 tsp
	< Recommendations >		
	In a microwave safe bowl add mutton, magaz paste, ginger garlic paste, chilli paste and oil and ¼ cup water and cook. When beep add all other ingredients and cook. Garnish with fresh coriander		

Code	Food	Serving size	Ingredients
9-9	**Spinach, Corn & Chicken in ginger sauce**	600-650 g	Boneless chicken - 250 g, Spinach - 250 g (remove stem & tear each leaf into 2-3 pieces), Frozen corn kernels - ½ cup, Ginger paste - ½ tbsp, Salt & pepper powder - each ¾ tsp, Corn flour paste - 2 tbsp (dissolve in ¼ cup of water), Oil - 2 tbsp. For sauce : Tomato sauce - 2 tbsp, Tomato puree - ½ cup, Soya sauce - 1 tsp, Sugar - ½ tsp, Ajinomoto - ¼ tsp, Tomato - ½ cut (into 4 pieces)
	< Recommendations >		
	Take spinach leaves in a large bowl, add corn flour paste to it and cook. When beep, add oil, chicken in small pieces, ginger paste, corn flour paste, spinach mixture, all other ingredients and mix it well and press start. Mix it well & serve hot.		
9-10	**Chicken chowmein**	350-400 g	Boiled Chicken - 100 g, Noodles - 100 g, Onion - 1 ea (cut into thin slices), Capsicum - 1 ea (shredded into thin strips), Carrot - 1 ea (matchsticks size), Cabbage - 1 cup (shredded), Salt - ¾ tsp, White Pepper - 1 tsp, Sugar - 1 pinch, Ajinomoto - ¼ tsp, Soya sauce - 1~2 tsp, Vinegar - ½ tbsp, Chili sauce - 1½ tsp, Oil - 2 tbsp, Water - 3 cups
	< Recommendations >		
	Make the noodles by adding water, salt, oil, mix it well and cook. When beep spread on a greased tray to cool. In a microwave safe glass bowl add all other ingredients with chicken, mix well and press strat. After done add noodle, mix well and serve hot.		

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Code	Food	Serving size	Ingredients
9-11	**Chicken with sweet & Spicy vegetables**	400-450 g	Boneless Chicken breast - 200 g, Pineapple juice - ½ cup, Baby corns (cut into lengthwise) - 3~4, Broccoli/cauliflower florets - 4~5, Mushrooms - 3~4 (cut into pieces), Slices of pineapple - 2 ea, Small capsicum - 1 ea (cut into pieces), Red chili paste - 1 tbsp, Crushed garlic - 1½ tsp, Spring onion white - 2~3 cut into slices, Red bell pepper - 2 (sliced), Ajinomoto - ¼ tsp, Sugar - 4 tsp, Soya sauce - 1 tsp., Salt to taste, Stock cube - 1 crushed, Corn flour - 4 tbsp. (mixed in ¼ cup of water), Water - 2 cups
	< Recommendations >		
	In microwave safe bowl add water, pineapple juice, baby corn, florets & mushrooms and cook. When beep add chicken, all other ingredients, mix it well and press start. Serve hot.		
9-12	**Chicken in thai red curry**	500-550 g	Boneless chicken - 400 g, Kashmiri red chili - 4~5 dry, Onion - ½, Garlic - 8~10 flakes, Chopped ginger - 1 tsp, Lemon grass - 1, Coriander seeds - 1½ tsp, Cumin seeds - 1 tsp, Saboot kali mirch - 6, Soya sauce - ½ tsp, Lemon juice - 1 tbsp, Salt & sugar - each 1 tsp, Baby corns - 4~5, Small carrot - 1 ea, Cauliflower - ½ cup, Mushrooms - 2 ea, Basil leaves - 8~10, Coconut milk - 2 cups
	< Recommendations >		
	Make fine paste of red chili, water. In microwave safe glass bowl add oil, red curry paste, onion, ginger-garlic paste and cook. When beep add coconut milk, all vegetables, all other ingredients with chicken and press start. Add salt, sugar, add basil leaves. Serve hot with steamed rice.		
9-13	**Chicken pasta in tomato puree**	450-500 g	Boneless chicken - 150 g, Macaroni or pasta - 2 cups, Capsicum - 1 ea (cut into pieces), Tomato - 1 medium (cut into strips), Olive oil - 3 tbsp, Crushed garlic - 2 tsp, Tomato puree - 1 cup, Pepper - ½ tsp, Salt - 1 ¼ tsp, Oregano - ¾ tsp, Water - ½ cup, Cream - ½ cup, Water - 5 cups
	< Recommendations >		
	In microwave safe glass bowl take oil add boneless chicken, macaroni, 4 cups of water and cook. When beep add all other ingredients, water as required and press start.		
9-14	**Chicken au gratin**	400-450 g	Boneless chicken - 250 g, White sauce - 2 cup, Butter - 2 tbsp, Salt - ¾ tsp, Pepper to taste, Tomato ketchup - 1 tbsp. Vegetables : Chopped French beans - 10~15, Carrots - 2 ea, Cauliflower - ½, Peas - ½ cup, Potato - 1 ea cut into pieces, Bottle gourd - ½ cup, Grated cheese - ¼ cup
	< Recommendations >		
	In microwave safe glass bowl add butter, chicken, vegetables, ½ cup of water and cook. When beep mix all other ingredients, mix it well, prinkle cheese. Take it on high rack and press start. Serve hot.		
9-15	**Chicken in hot garlic sauce**	500-550 g	Boneless chicken - 250 g, Capsicum - 1 ea (cut into pieces), Oil - 3 tbsp, Garlic - 1 tbsp (chopped), Dry red chili - 1 ea (cut into thin slices), Red chili paste - 1 tsp, Spring onion - 1 ea, Tomato ketchup - 3 tbsp, Red chili sauce - 1 tbsp, Soya sauce - 2 tsp, Vinegar - 1 tbsp, Pepper - ½ tsp, Sugar - ½ tsp, Corn flour - 4 tbsp (dissolve in ½ cup of water)
	< Recommendations >		
	In microwave safe glass bowl put chicken, capsicum, oil, chopped ginger-garlic, ½ cup of water and cook. When beep add all other ingredients, ¼ cup of water, cover it and press start.		
9-16	**Chicken with tomato rice**	550-600 g	Boneless chicken - 150 g, Soaked rice - 1 cup, Sprouted green gram - ½ cup, Finely chopped carrot - ½ cup, Finely chopped French beans - ½ cup, Oil - 2 tbsp, Peanuts - 3 tbsp, Cumin - ½ tsp, Slices of Onion - 1 small, Tomato puree - 4 tbsp, Tomatoes - 2 ea, Turmeric - 1 pinch, Garlic paste - ½ tsp, Garam Masala - ½ tsp, Salt - 1 tsp
	< Recommendations >		
	In microwave safe glass bowl take oil, add soaked rice, chicken, onion, sprouted green gram and cook. When beep add all other ingredients, 3 cups of water and press start. Serve hot.		

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Code	Food	Serving size	Ingredients
9-17	**Chilly chicken pizza**	300-350 g	Boiled Boneless chicken - 100 g (cut into pieces), Pizza base - 2 ea, Grated cheese - 150 g, Red chili paste - 1 tsp, Chopped onion & capsicum - ½ each, Soya sauce - 1 tsp, Vinegar - 1 tsp, Ajinomoto - 1 pinch, Salt & pepper - ½ tsp, Oregano - 1 tsp, Oil - 1 tbsp, Chopped Garlic flakes - 4 ea, Tomato puree - ½ cup, Tomato ketchup - 3 tbsp
	< Recommendations >		
	In microwave safe glass bowl take oil, chicken, red chili paste, chopped onion, capsicum, soya sauce, vinegar, ajinomoto, salt, pepper, oregano, chopped garlic, tomato puree, tomato ketchup. Take it in microwave 900 W for 5 min. Pre-heat the oven 220 °C in convection mode. When beep, select menu, take pizza base, paste chicken mixture on low rack and press start. Serve hot.		
9-18	**Chicken croquettes**	500-550 g	Chicken - 200 g, Oil - 1 tbsp, Butter - 1 tbsp, Chopped onion - ½, Green chili - 2 ea, Refined flour - 1 tbsp, Milk - ¼ cup, Bread crumbs - 2 tbsp, Red chili flakes - ¼ tsp, Salt - ½ tsp, Pepper - ¼ tsp, Water - ½ cup, White sauce - 1 cup, Mayonnaise for serving
	< Recommendations >		
	In microwave safe glass bowl add oil, onion, chicken and cook. When beep add all other ingredients and press start. Serve hot.		
9-19	**Crispy chicken**	450-500 g	Chicken - 250 g, Beat in Egg - 1 ea, Salt - ¼ tsp, Red chili powder - ¼ tsp, Bread crumbs - ½ cup, Oil - 1-2 tbsp. For Marinade : Butter - 2 tbsp, Garlic paste - 2 tsp, Chili powder - 1½ tsp, Cumin seeds powder - 1 tsp, Coriander powder - 2 tsp, Cinnamon - 1 tsp, Salt - 1½ tsp
	< Recommendations >		
	Marinated chicken with all marinade ingredients & put it in refrigerator for 1 hr. In microwave safe glass bowl add oil, marinated chicken and cook. When beep add all other ingredients and press start. Serve hot.		

Code	Food	Serving size	Ingredients
9-20	**Chicken sandwiches**	3 ea	Boiled Chicken - 100 g, Oil - 1 tbsp, Bread slice - 6 ea, Butter - 1 tbsp, Onion - ½ (cut into slices), Mayonnaise - 5~6 tbsp, Pepper - ½ tsp, Oregano - ¾ tsp, Mustard - 1 tsp
	< Recommendations >		
	In a glass bowl mix all ingredients except bread slice. Apply this mixture to one bread slice and put other bread slice on it. Make a sandwich and take it in high rack and cook. When beep turn the side to make it golden in colour & and press start. Serve hot with tomato sauce.		

0. Indian Famous Variety

Code	Food	Serving size	Ingredients
0-1	**Kheema kofta**	450-500 g	Keema - 250 g, Ginger-garlic paste - 1 tsp, Green chilies - 2 (chopped), Garam masala - ½ tsp, Salt - ¾ tsp, Bread-crumbs - ½ cup, Fresh coriander leaves - 2 tbsp (chopped). For Creamy tomato sauce : Tomato puree - 1 cup, Chopped ginger - 1 tbsp, Salt - ¾ tsp, Red chili powder - ¾ tsp, Cumin powder - 1 tsp, Cream - ½ cup, Orange red colour - 1 pinch
	< Recommendations >		
	In microwave safe glass bowl take kheema, ginger-garlic paste, garam masala, chopped green chilies, salt, make a kofta and cook. When beep add creamy tomato sauce material, kofta and press start. Serve hot with coriander leaves.		
0-2	**Mutton tetrazini**	500-550 g	Mutton - 250 g, Spaghetti - 100 g, Oil - 2 tbsp, Green capsicum - 1 small sized, Red capsicum - 1 small sized, Yellow capsicum - 1 small sized, Mushrooms - 4~5, Onion - 1 large sized, Garlic - 5-6 cloves, Basil Leaves - 5~6, Tomatoes - 4 medium size, Olive oil - 4 tbsp, Pepper powder - ½ tsp, Salt to taste, Grated Cheese - ⅓ cup
	< Recommendations >		
	In microwave safe bowl mix oil, salt, mutton, 1 cup of water, cover it and cook. When beep add chopped capsicum, mushroom, onion, garlic, basil, tomato, pepper powder, salt, grated cheese and press start. Serve hot.		

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Code	Food	Serving size	Ingredients
0-3	**Mutton kurma**	800-850 g	Boneless Mutton - 600 g, Cashewnuts - ½, chopped Green chillies - 2~3, Fresh coriander leaves - 1 few sprigs, Yogurt - 1 cup, Ginger-garlic paste - 2 tsp, Red chili powder - 1 tsp, Coriander powder - 2 tsp, Salt to taste, Oil - 2 tbsp, Bay leaf - 1, Cloves - 4~5, Green cardamom - 4~5, Green cardamoms - 4~5, Garam masala powder - 1 tsp, White pepper powder - ¼ tsp, Fresh cream - ⅓ cup
	< Recommendations >		
	In microwave safe glass bowl add oil, boneless mutton, green chili, cloves, green cardamom, garama masala, white pepper powder, ginger-garlic paste, 1 cup of water and cook. When beep add all other ingredients, mix it well and press start.		
0-4	**Mutton mirchi**	800-900 g	Boneless Mutton - 600 g, Cashewnuts - ½ cup, Green chillies - 2~3, Fresh coriander leaves - 1 few springs, Yogurt - 1 cup, Ginger-garlic paste - 2 tsp, Red chilli powder - 1 tsp, Coriander powder - 2 tsp, Salt to taste, Oil - 2 tbsp, Bay leaf - 1, Cloves - 4~5, Green cardamoms - 4~5, Garam masala powder - 1 tsp, White pepper powder - ¼ tsp, Fresh cream - ⅓ cup
	< Recommendations >		
	Make a paste of green chili, coriander and spring onion. In microwave safe glass bowl add oil, boneless mutton, green paste, ½ cup of water and cook. When beep add all other ingredients and press strat.		
0-5	**Butter keema**	700-800 g	Keema - 500 g, Lemon juice - 1 tsp, Kashmiri red chilli powder - 1 tsp, Salt to taste For marination : Yogurt - 1 cup, Salt to taste, Ginger paste - 2 tbsp, Garlic paste - 2 tbsp, Lemon juice - 2 tbsp, Garam masala powder - 1 tsp, Mustard oil - 2 tbsp. For gravy : Green chilies - 2, Dried fenugreek leaves - ½ tsp, Butter - 2~3 tbsp, Bay leaves - 2, Pepper corns - 10, Cinnamon - 2" stick, Green cardomums - 5 cloves, Ginger paste - 1 tsp, Garlic paste - 1 tbsp, Tomato puree - 2 cups, Red chili powder - 1 tbsp, Garam masala powder - ½ tsp, Salt to taste, Honey - 2 tbsp, Fresh cream - ½ cup
	< Recommendations >		
	Marinate kheema with all marination ingredients and take it in refrigerator for 1 hr. In microwave safe glass bowl add marinated kheema, gravy mixture, red chili powder, salt and cook. When beep add lemon juice, ¼ cup of water, mix it well and press start. Serve hot.		
0-6	**Mutton & Mushroom in hot tomato sauce**	700-750 g	Boneless Mutton - 500 g, Chopped mushrooms - 10~12, Chopped spring onions - 3~4, Chopped garlic - 5 cloves, Red chili (crushed) - 1 tbsp, Pepper corns - 5~6, Chopped tomato - 1 large size, Butter - 2 tbsp, Salt to taste, Tomato - ¾ cup, Honey - 2 tsp, Dried oregano - ¼ tsp
	< Recommendations >		
	In microwave safe add butter, mutton, 1 cup of water and cook. When beep add all other ingredients and press start. Serve hot.		
0-7	**Bombay prawn**	700-750 g	Prawns - 500 g, Ginger-garlic - each 1 tsp, Cumin seeds - 1 tsp, Red chilies whole - 12~15, Cloves - 7~8, Cinnamon - 2 inch stick, Mustard seeds - 1 tsp, Vinegar - 4 tbsp, Chopped Onions - 2 medium size, Chopped tomato - 4 medium size, Oil - ½ cup, Sugar - 2 tbsp, Salt to taste
	< Recommendations >		
	In microwave safe glass bowl take oil, chopped onion, chopped tomato, cumin seeds, ginger-garlic paste, cloves, cinnamon, cumin seeds, mustard seeds, chili, prawns and cook. When beep add vinegar, salt, sugar, mix it well and press start. Serve hot.		

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Code	Food	Serving size	Ingredients
0-8	**Prawns in thai red curry sauce**	350 g	Prawns - 250 g, Oil - 2 tbsp, Lemon - 1 tsp, Soy sauce - 1 tsp, Grind coconut - 1 cup, Fresh basil leaves - 6~8 For red curry paste : Onion - 1 medium size, Garlic - 4 cloves, Red chillies whole - 8~10, Lemon grass stalk - 4" piece, Coriander seeds - 2 tsp, Cumin seeds - 1 tsp, Pepper corns - 6, Salt to taste
	< Recommendations >		
	In microwave safe glass bowl take oil, ginger garlic, prawns, basil leaves and cook. When beep add coconut, red curry paste. Mix it well and press start. Serve hot.		
0-9	**Chicken vindaloo**	650-700 g	Boneless Chicken - 500 g (cut into pieces), Dry red chilies - 6~7, Vinegar - 3 tbsp, Chopped Onion - 2 ea, Garlic & ginger paste - each 1 tsp, Tomato puree - ¼ cup, Potato - 1 ea, Oil - 3 tbsp, Stick cinnamon - 2", Cumin powder - 1 tsp, Turmeric powder - ½ tsp, Salt - 1½ tsp, Water - ½ cup
	< Recommendations >		
	In microwave safe glass bowl take oil, stick cinnamon, turmeric powder, garlic-ginger paste, chopped onion, chicken and cook. When beep add potato, tomato puree, cumin powder & half cup of water. Mix it well and press start. Serve hot.		
0-10	**Dum chicken kali mirch**	600-650 g	Chicken - 400 g (cut into 8 pieces) Marinade : Thick yogurt - ½ cup, Almonds - 8~10 (ground to powder), Ginger-garlic paste - 1 tbsp, Oil - 1 tbsp, Red chili powder - ½ tsp, Salt - ¾ tsp, Garama masala powder - ½ tsp. Other ingredients : Oil - 3 tbsp, Peppercorns - ½ tsp, Onion paste - 2 ea, Coriander powder - 1 tsp
	< Recommendations >		
	In microwave safe glass bowl take oil, chicken & marinated ingredients. Mix it well & keep it in refrigerator for 1 hr. and cook. When beep mix it well and press start. Serve hot.		

Code	Food	Serving size	Ingredients
0-11	**Bengali fish curry**	400-450 g	Fish - 300 g (cut into 1½" flat pieces), Lemon juice - 1 tbsp, Salt - ½ tsp, Turmeric - ½ tsp, Oil - 4 tbsp, Chili powder - ¼ tsp, Chopped coriander - 1 tsp, Water - 1 cup. Mustard paste (grind) : Yellow mustard - 4 tsp, Dry red chilies deseed - 2 ea, Finely chopped onion - 1, Salt - ¼ tsp, Water to grind - 2~3 tbsp
	< Recommendations >		
	In microwave safe glass bowl take oil, fish, lemon juice, chili powder, turmeric powder, salt and cook. When beep add mustard paste, one cup of water. Mix it well and press start. Serve hot with rice.		
0-12	**Chicken sirka ka pyaz**	600-650 g	Boneless chicken - 500 g (1" pieces), Chopped onion - 3 ea, Vinegar - ½ cup, Black cumin - 1 tsp, Crushed cloves - 4, Cardamom Seeds crushed - 3, Chopped garlic -ginger - 1 tsp, Chopped tomato - 2 ea, Green chili - 1, Chopped mint - ¼ cup, Coriander - ¼ cup, Salt - 1 tsp, Garam masala - ½ tsp, Red chili powder - ½ tsp, Turemeric powder - ¼ tsp, Oil - 3 tsp, Cream -2 tbsp, Water - 1 cup
	< Recommendations >		
	In microwave safe glass bowl take oil, chicken, chopped onion, vinegar, black cumin, crushed cardamom seeds, chopped garlic ginger, green chili and cook. When beep add all other ingredients with water. Mix it well and press start. Serve hot.		
0-13	**Badami tangri**	550-600 g	Drumsticks - 5 (500 g chicken legs) First marinade : Lemon juice - 2 tbsp, Oil - 1 tbsp, Salt - ½ tsp, Red chili powder - ½ tsp. Second Marinade : Yogurt - ½ cup, Oil - 2 tbsp, Ginger-garlic paste - 2 tbsp, Almonds ground to powder - 8~10, Thick cream - ¼ cup, Corn flour - 1 tbsp, Salt - ¾ tsp, Chopped coriander - 2 tbsp, Dry fenugreek leaves - 2 tsp
	< Recommendations >		
	In microwave safe glass bowl take drum stick & add 1st marinade material, mix it well & keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinatde & keep it in refrigerator for 1 hr. Arrange drum stick in metal tray. Apply little oil & place it on high rack and cook. When beep turn it and press start. Serve hot.		

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Code	Food	Serving size	Ingredients
0-14	**Mahi fish tikka**	650-700 g	Surmai - 500 g (cut into pieces), Gram flour - 3 tbsp, Lemon juice - 1 tbsp. First marinade : Vinegar or lemon juice - 2 tbsp, Red chili powder - ½ tsp, Salt - ¼ tsp, Second marinade : Yogurt - ½ cup, Carom seeds - ½ tsp, Ginger-garlic paste - 2 tsp, Garam masala - ½ tsp, Salt - 1 tsp, Pepper - ½ tsp, Corn flour - 1 tbsp
	< Recommendations >		
	In microwave safe glass bowl take fish & add 1st marinade material, mix it well & keep it in refrigerator for 1 hr. After 1 hr. take 2nd marinade & keep it in refrigerator for 1 hr. Roll out in gram flour. Arrange fish in metal tray. Apply little oil and place it on high rack and cook. When beep turn it and press start. Serve hot.		
0-15	**Chicken hot & Sour soup**	350-400 g	Chicken - 100 g (cut into 2-3 pieces), Water - 4 cups, Salt as per your taste. Other ingredients : Oil - 1 tbsp, Crushed garlic -¾ tsp, Red chili paste - ½ tsp, Chopped cabbage - 2 tbsp, Grated carrot - 2 tbsp, 1 Chicken soup cubes crushed, Sugar - 1 tsp, Pepper - ¼ tsp Soya sauce - ½ tsp, Tomato ketchup - 1 tbsp, White vinegar - 1 tbsp, Corn flour (dissolve ¼ cup of water) - 4 tbsp
	< Recommendations >		
	In microwave safe glass bowl take chicken, water, salt and cook. When beep add all other ingredients and press start. Serve hot.		
0-16	**Schejwan prawns**	450-500 g	Prawns - 200 g, Red chili paste - 2 tbsp, Tomato sauce - 4 tbsp, Soya sauce - 1 tbsp, Ajinomoto - ¼ tsp, Sugar - 2 tsp, Salt as per your taste, Water - 1 cup, Oil - 2 tbsp, Pepper powder - ¼ tsp, 1" ginger chopped, Garlic - 5~6 (chopped), Green chili - 1 tsp, Spring onion - 2 tbsp (chopped), Water - ½ cup, Corn flour - 2 tbsp (dissolve in 1 cup water), Vinegar - 1 tbsp
	< Recommendations >		
	In microwave safe glass bowl take prawns, ginger, garlic, green chili, water and cook. When beep add all other ingredients. Mix it well and press start.		

Code	Food	Serving size	Ingredients
0-17	**Chicken with sweet & Sour vegetables**	600-700 g	Boneless Chicken - 500 g, Pineapple juice - ½ cup, Baby corns (cut into lengthwise) - 3~4, Broccoli/cauliflower - 4~5, Mushrooms - 3~4 (cut into pieces), Slices of pineapple - 2 ea, Small capsicum - 1 ea (cut into pieces), Red chili paste - ½ tsp, Crushed garlic - 1½ tsp, Spring onion white - 2-3 (cut into slices), Tomato ketchup - ¼ cup, Vinegar - 3 tbsp, Ajinomoto - ¼ tsp, Sugar - 4 tsp, Soya sauce - 1 tsp, Salt to taste, Stock cube - 1 crushed, Corn flour - 4 tbsp (mixed in ¼ cup of water)
	< Recommendations >		
	In microwave safe glass bowl add 1½ cups water, pineapple juice, baby corn, florets, mushrooms and cook. When beep add chicken, all other ingredients. Mix it well and press start. Serve hot.		
0-18	**Mutton mint shorba**	550-600 g	Boneless Mutton - 300 g (cut into pieces), Mint leaves - 25~30 (rawly chopped), Olive oil - 1 tbsp, Cumin seed powder - 1 tsp, Chopped onion - 1 ea, Chopped garlic - 1 tsp, Red chili flakes - ¼ tsp, Cinnamon powder - ½ tsp, Green cardamom - 1 ea, Chopped tomato - 2 ea, Salt & pepper powder as per your taste, Coconut milk - ½ cup, Water - 4 cups
	< Recommendations >		
	In microwave safe glass bowl add boneless mutton, olive oil, tomato, onion and cook. When beep add all other ingredients and press start. Serve hot.		
0-19	**Chicken barley soup**	600-700 g	Chicken pieces - 200 g, Barley - ½ cup, Bay leaf - 1 ea, Crushed peppercorns - 5~6 ea, Chopped onion - 1 ea, Celery stick - 2 tbsp, Butter - 2 tbsp, Salt and pepper powder as per your taste, Corn flour - 1 tbsp (dissolve in ½ cup of water), Water - 6 cups, Chopped parsley - 1 tbsp for garnish
	< Recommendations >		
	Soak the barley in 2 cups of water for 2 hrs. In microwave safe deep glass bowl, take barley, chicken, onion and press start. When beep add all other ingredients, mix it well and press start. Serve hot with chopped parsley.		

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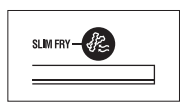
Code	Food	Serving size	Ingredients
0-20	**Chicken in noodle soup**	550-600 g	Noodles - 200 g, Boneless Chicken – 200 g, Water - 4 cups, Fresh red chilies - 2 ea (sliced), Soya sauce - 2 tbsp, Chopped onion - 1 ea, White pepper powder& salt as per your taste, Fresh basil leaves - 10~12, Chopped Coriander leaves - 2 tbsp, Chopped spring onion - 2 tbsp, Sugar as per your taste, Oil - 2 tbsp
	< Recommendations >		
	In microwave safe glass bowl add chicken, onion, oil, 1 cup of water and cook. When beep add all other ingredients and press start. Serve hot, garnish with coriander leaves and spring onion.		

USING THE SLIM FRY FEATURES

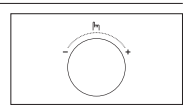
The 10 Slim Fry features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the slim fry cook category by press the slim fry button. First, place the food in the center of the turntable and close the door.

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly. ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

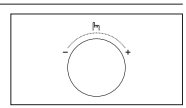
1. Press the **SLIM FRY** ( ) button.



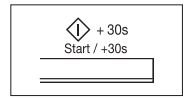
2. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.



3. Select the size of the serving by turning the **Multi Function Selector Dial**.



4. Press the **Start / +30s** (+ 30s) button.



USING THE SLIM FRY PROGRAMMES

The following table presents the 10 Slim Fry auto programmes for frying. It contains its quantities, standing times and appropriate recommendations. You will use less oil compared to frying with oil fryer, while you will get tasty results. Programmes are running with a combination of convection, top heater and microwave energy.

Code	Food	Serving size (g)	Standing time (min.)	Recommendations
1	**Frozen oven chips**	300-350 450-500	-	Distribute frozen oven chips evenly on the crusty plate. Set plate on high rack. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
2	**Frozen prawns**	200-250 300-350	-	Distribute frozen prawns (breaded) evenly on the crusty plate. Set plate on low rack.
3	**Frozen chicken nuggets**	200-250 350-400	-	Distribute frozen chicken nuggets evenly on the crusty plate. Set plate on low rack. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
4	**Frozen potato croquettes**	200-250 300-350	-	Distribute frozen potato croquettes evenly on the crusty plate. Set plate on low rack.

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Code	Food	Serving size (g)	Standing time (min.)	Recommendations
5	**Frozen mini spring rolls**	200-250 350-400	-	Distribute frozen mini spring rolls evenly on the crusty plate. Set plate on low rack.
6	**Homemade french fries**	300-350 450-500	1-2	Preheat the oven up to 200 °C using the fast preheat function. Use hard to medium type of potatoes and wash them. Peel potatoes and cut into sticks with a thickness of 10x10 mm. Soak in cold water (for 30 min.). Dry them with a towel, weigh them and brush with 5 g olive oil. Distribute homemade fries evenly on the crusty plate. Set plate on low rack. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
7	**Potato wedges**	200-250 300-350 400-450	1-2	Wash normal sized potatoes and cut them into wedges. Brush with olive oil and spices. Put them with the cut side on the crusty plate. Set plate on high rack.

Code	Food	Serving size (g)	Standing time (min.)	Recommendations
8	**Drumsticks**	200-250 300-350 400-450	1-2	Preheat with the grill-function for 3-4 minutes. Weigh drumsticks and brush with oil and spices. Place them evenly on high rack. Turnover after beep sounds, oven will stop process. Press start to continue.
9	**Sliced courgettes**	100-150 200-250	-	Preheat with the grill-function for 3-4 minutes. Rinse and slice courgettes. Brush with 5 g olive oil and add spices. Put slices evenly on the crusty plate and set plate on high rack. Turnover after beep sounds. Press start to continue. (The oven keeps operating if you do not turn over).
10	**Apple halves**	300-350 400-450	-	Rinse and core apples (each 150 g). Cut them into halves horizontally. Put halves with the cut side down on the crusty plate, add filling e.g. raisins or grated almonds. Put plate on low rack. After cooking serve with vanilla ice cream.

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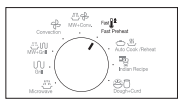
FAST PREHEATING THE OVEN

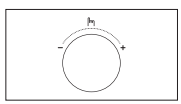
For convection cooking, it is recommended that you preheat the oven to the appropriate temperature before placing the food in the oven. When the oven reaches the requested temperature, it is maintained for approximately 10 minutes; it is then switched off automatically.
Check that the heating element is in the correct position for type of cooking that you require.

1. Turn the **Mode Selector Dial** to **Fast Preheat** (Fast) mode position.

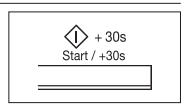
   

   Result: The following indications are displayed: 200 °C (temperature)

2. Set the temperature by turning the **Multi Function Selector Dial**.
   (Temperature : 200, 180, 160, 140, 100, 40 °C)

3. Press the **Start / +30s** (+30s) button.

   Result: The oven is preheated to the requested temperature.
   - Upon arrival at the preset temperature, the oven beeps 6 times and the temperature is kept for 10 minutes.
   - After 10 minutes, the beeps 4 times and the operation stops.

In case the inner temperature has reached the preset temperature, the beeps 6 times when temperature and the preset temperature is kept for 10 minutes.

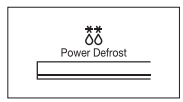
USING THE POWER DEFROST FEATURES

The Power Defrost feature enables you to defrost meat, poultry, fish, bread, cake and fruit. The defrost time and power level are set automatically. You simply select the programme and the weight.

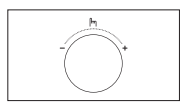
Use only containers that are microwave-safe.

Open the door. Place the frozen food on a ceramic in the centre of the turntable. Close the door.

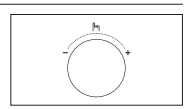
1. Press the **Power Defrost** (❄) button.

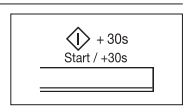
2. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.

3. Select the size of the serving by turning the **Multi Function Selector Dial**.

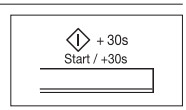
   

4. Press the **Start / +30s** (+30s) button.

   Result:
   - Defrosting begins.
   - The oven beeps through defrosting to remind you to turn the food over.

5. Press the **Start / +30s** (+30s) again to finish defrosting.

   Result: When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

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You can also defrost food manually. To do so, select the microwave function with power level of 180 W. Refer to the section entitled “Defrosting” on page 69 for further details.

USING THE POWER DEFROST PROGRAMMES

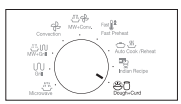
The following table presents the various Power Defrost programmes, quantities, standing times and appropriate recommendations. Remove all kind of package material before defrosting.
Place meat, poultry and fish on a flat glass plate or on a ceramic plate, arrange bread and cake on kitchen paper.

Code	Food	Serving size (g)	Standing time (min.)	Recommendations
1	**Meat**	200-1500	20-90	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for lamb, pork, steaks, chops, minced meat.
2	**Poultry**	200-1500	20-90	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions.
3	**Fish**	200-1500	20-80	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets.
4	**Bread/ Cake**	125-1000	10-60	Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door.) This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping.
5	**Fruit**	100-600	5-20	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits.

USING THE DOUGH+CURD FEATURES

The 5 Dough+Curd features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the auto fermentation category by press the fermentation button. First, place the food in the center of the turntable and close the door.

1. Turn the **Mode Selector Dia**l to **Dough+Curd** ( ) mode position.



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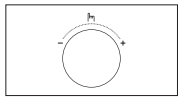
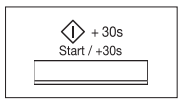
2. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the carious pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.



3. Press the **Start / +30s** (+30s) button.



USING THE DOUGH+CURD PROGRAMMES

The following table presents how to use the auto programme for dough proof or homemade yogurt.

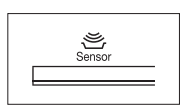
Code		Food	Serving Size (g)	Standing time	Recommendations
Dough Proof	**1-1**	Pizza dough	300-500	-	Put dough in suitable sized bowl and set on the low rack. Cover with cling film.
	1-2	Cake dough	500-800	-	Put dough in suitable sized bowl and set on the low rack. Cover with cling film.
	1-3	Bread dough	600-900	-	Put dough in suitable sized bowl and set on the low rack. Cover with cling film.
Homemade Yogurt	**2-1**	Small sizes	500	6 hours in fridge	Distribute 150 g curd into 5 ceramic cups or small glass jars evenly (30 g each). Add 100 ml milk into each cup. Use long-life milk (room-temperature; 3.5 % fat). Cover each with cling film and set in a circle on turntable.
	2-2	Large bowl	500	6 hours in fridge	Mix 150 g natural curd with 500 ml long-life milk (room-temperature; 3.5 % fat). Pour evenly into large glass bowl. Cover with cling film and set on turntable.

USING THE SENSOR COOK FEATURES

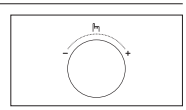
The 8 Sensor Cook features include/provide pre-programmed cooking times.
You do not need to set either the cooking times or the power level.
You can adjust the Sensor Cook category by turning the Multi Function Selector Dial.
First, place the food in the center of the turntable and close the door.

Use only dishes that are microwave-safe.

1. Press the **Sensor** ( ) button.



2. Select the type of food that you are cooking by turning the **Multi Function Selector Dial**. Refer to the table on the following page for a description of the various pre-programmed settings. At that time, press the **Multi Function Selector Dial** to select the type of food.



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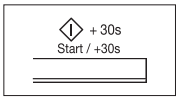
3. Press the **Start / +30s** (+30s) button.



Result : Cooking starts. When it has finished.
1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

If the inside temperature is over the 60 °C, Display shows “hot” and cooling fan will operate for 3 minutes. You can’t use sensor cook button temperarily until oven get cool to a desired temperature for sensor safe mode.

If the door is opened or press the **Stop / Eco** (/) button during this operation, “” stop blinking. At that time, press the **Stop / Eco** (/) button one more, “” will disappear.

USING THE SENSOR COOK PROGRAMMES

The following table presents 8 Sensor Cook programmes. It contains its recommended weight range per item, standing times after cooking and appropriate recommendations. After you start the programme cooking times and power levels are calculated automatically. The cooking process is controlled by the sensor system for your convenience.
Use oven gloves while taking out!

Code	Food	Serving size	Standing time (min.)	Recommendations
1	**Drinks** (Coffee, Milk, Tea, Water with room temperature)	150-250 g (1 cup or 1 mug)	1-2	Pour the liquid (room-temperature) into ceramic cup or mug. Reheat uncovered. Place in the centre of turntable. Leave them to stand in the oven. Stir drinks before and after standing time. Be careful while taking the cup out (see safety instructions for liquids).
2	**Broccoli florets**	200-500 g	1-2	Rinse and clean fresh vegetables, such as broccoli and prepare florets. Put them evenly into a glass bowl with lid. Add 30-45 ml water (2-3 tablespoons). Put bowl in the centre of turntable. Cook covered. Stir after cooking. This programme is suitable for broccoli as well as sliced courgette, egg plant, pumpkin or pepper.
3	**Sliced carrots**	200-500 g	1-2	Rinse and clean fresh vegetables, such as carrots and cut into round slices evenly. Put them into a glass bowl with lid. Add 30-45 ml water (2-3 tablespoons). Put bowl in the centre of turntable. Cook covered. Stir after cooking. This programme is suitable for sliced carrots as well as cauliflower florets or turnip cabbage.
4	**Jacket potatoes**	200-800 g	2-3	Rinse and clean potatoes, each 200 g. Brush with olive oil and pierce skin with a fork. Put in a circle on the low rack. Set rack on turntable.
5	**Frozen pizza**	300-500 g	-	Put frozen pizza on the low rack.

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Code	Food	Serving size	Standing time (min.)	Recommendations
6	**Frozen lasagna**	400-600 g	3-4	Put frozen lasagne into a suitable sized ovenproof dish. Set dish on low rack.
7	**Chicken pieces**	400-700 g	2-3	Brush chilled chicken pieces with oil and spices. Put skin-side down on the low rack. Turnover, as soon as the oven beeps. Push start button to continue process.
8	**Roast chicken**	1.0-1.2 kg	4-5	Brush chilled chicken with oil and spices. Put breast-side down, in the middle of the low rack. Turnover, as soon as the oven beeps. Push start to continue process.

Auto sensor cooking instructions

The Auto Sensor allows you to cook your food automatically by detecting the amount of gases generated from the food while cooking.

- When cooking food, many kinds of gases are generated. The Auto Sensor determines the proper time and power level by detecting these gases from the food, eliminating the need to set the cooking time and power level.
- When you cover a container with its lid or plastic wrap during Sensor Cooking, the Auto Sensor will detect the gases generated after the container has been saturated with steam.
- Shortly before cooking ends, the remaining cooking time will begin its count down. This will be a good time for you to rotate or stir the food for even cooking if it is necessary.
- Before auto sensor cooking food may be seasoned with herbs, spices or browning sauces. A word of caution though, salt or sugar may cause burn spots on food so these ingredients should be added after cooking.

Utensils & Cover for sensor cooking

- To obtain good cooking results with this function, follow the directions for selecting appropriate containers and covers in the charts in this book.
- Always use microwave-safe containers and cover them with their lids or with plastic wrap. When using plastic wrap, turn back one corner to allow steam to escape at the proper rate.
- Always cover with the lid intended for the utensil being used. If the utensil does not have its own lid, use plastic wrap.
- Fill containers at least half full.
- Foods that require stirring or rotating should be stirred or turned toward the end of the Sensor Cook cycle, after the time has started to count down on the display.

Important

- After installing the oven and plugging into an electrical outlet, do not unplug the power cord. The gas sensor needs time to stabilize in order to cook satisfactorily.
- It its not advisable to use the auto sensor cooking feature on a continuous cooking operation, i.e. one cooking operation immediately after another.
- Install the oven in a well ventilated location for proper cooling and airflow and to ensure the sensor will operate accurately.
- To avoid poor results, do not use the Auto sensor when the room ambient temperature is too high or too low.
- Do not use volatile detergent to clean your oven. Gas resulting from this detergent may affect the sensor.
- Avoid placing the oven near high moisture or gas emitting appliances, since this will interfere with the proper performance of the Auto Sensor.
- Always keep the inside of the oven clean. Wipe all spills with a damp cloth. This oven is designed for household use only.

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COOKING BY CONVECTION

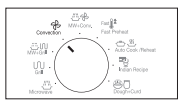
The convection mode enables you to cook food in the same way as in a traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 200 °C in eight preset levels. The maximum cooking time is 90 minutes.

If you wish to Fast Preheat the oven, see page 53.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and browning, if you use the low rack.

Check that the heating element is in the horizontal position and that the turntable is in position. Open the door and place the recipient on the low rack and set on turntable.

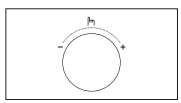
1. Turn the **Mode Selector Dial** to **Convection** (⁂) mode position.



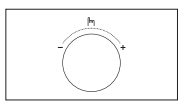
Result: The following indications are displayed:

⁂ (convection mode)
200 °C (temperature)

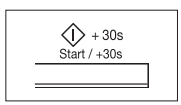
2. Turning the **Multi Function Selector Dial** to set the temperature. At that time, press the **Multi Function Selector Dial** to select temperature.
(Temperature : 200, 180, 160, 140, 100, 40 °C)



3. Set the cooking time by turning the **Multi Function Selector Dial**.



4. Press the **Start / +30s** (⏀ +30s) button.



Result: Cooking starts:

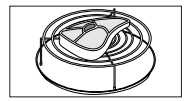
- When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

GRILLING

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.

1. Open the door and place the food on the rack.

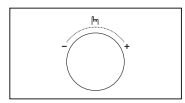


2. Turn the **Mode Selector Dial** to **Grill** (⎍) mode position.

Result: The following indications are displayed:
⎍ (grill mode)

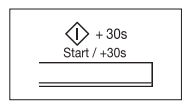
- You cannot set the temperature of the grill.

3. Set the grilling time by turning the **Multi Function Selector Dial**.



- The maximum grilling time is 60 minutes.

4. Press the **Start / +30s** (⏀ +30s) button.



Result: Grilling starts.

- When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

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COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

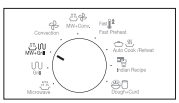
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

You can improve cooking and grilling, if you use the high rack.

Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.

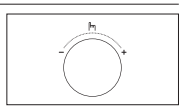
1. Turn the **Mode Selector Dial** to **MW+Grill** ( ) mode position.



Result: The following indications are displayed:

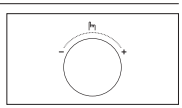
	(microwave & grill combi mode)
600 W	(output power)

2. Select the appropriate power level by turning the **Multi Function Selector Dial** until the corresponding output power is displayed (600, 450, 300 W). At that time, press the **Multi Function Selector Dia**l to set the power level.



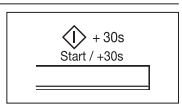
- You cannot set the temperature of the grill.

3. Set the cooking time by turning the **Multi Function Selector Dial**.



- The maximum cooking time is 60 minutes.

4. Press the **Start / +30s** ( ) button.



Result:

- Combination cooking starts.
- When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

COMBINING MICROWAVES AND THE CONVECTION

Combination cooking uses both microwave energy and convection heating. No preheating is required as the microwave energy is immediately available. Many foods can be cooked in combination mode, particularly:

- Roast meats and poultry
- Pies and cakes
- Egg and cheese dishes

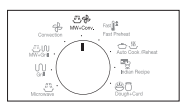
ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.

ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.

You can get better cooking and browning, if you use the low rack.

Open the door. Place the food on the turntable or on the low rack which should then be placed on the turntable. Close the door. The heating element must be in the horizontal position.

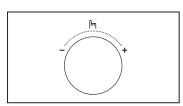
1. Turn the **Mode Selector Dial** to **MW+Conv.** ( ) mode position.



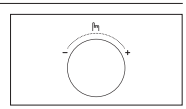
Result: The following indications are displayed:

	(microwave & convection combi mode)
600 W	(output power)
200 °C	(temperature)

2. Set the appropriate power level by turning the **Multi Function Selector Dial** until the corresponding output power is displayed (600, 450, 300, 180, 100 W). At that time, press the **Multi Function Selector Dial** to select power level.



3. Select the temperature by turning the **Multi Function Selector Dial.** (Temperature : 200, 180, 160, 140, 100, 40 °C) At that time, press the **Multi Function Selector Dial** to select temperature.



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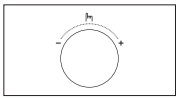
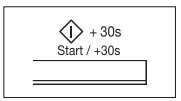
4. Set the cooking time by turning the **Multi Function Selector Dial.**
   - The maximum cooking time is 60 minutes.



5. Press the **Start / +30s** (+30s) button.



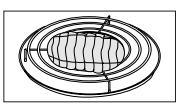
Result:

- Combination cooking starts.
- The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over.
- When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

CHOOSING THE ACCESSORIES

Traditional convection cooking does require cookware. You should, however, use only cookware that you would use in your normal oven.

Microwave-safe containers are not usually suitable for convection cooking; don’t use plastic containers, dishes, paper cups, towels, etc.



If you wish to select a combined cooking mode (microwave and grill or convection), use only recipients that are microwave-safe and oven-proof.

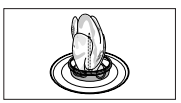
For further details on suitable cookware and utensils, refer to the Cookware Guide on page 63.

SPIT-ROASTING

The barbecue spit is useful for grilling, as you do not need to turn the meat over. It can be used for combined microwave and Convection cooking.

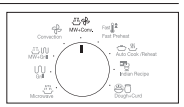
Make sure that the weight of the meat is evenly distributed on the spit and that the spit rotates evenly.
Always use oven gloves when touching the recipients in the oven, as they will be very hot.

1. Push the roasting spit through the centre of the meat.

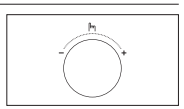


Example: Push the spit between the backbone and breast of a chicken.
Place the spit on its upright on the glass bowl the glass bowl and the glass bowl onto the turntable. To help brown the meat, brush it with and spices oil.

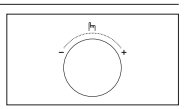
2. Turn the **Mode Selector Dial** to **MW+Conv.** (MW+Conv.) mode position.



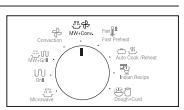
3. Set the appropriate power level by turning the **Multi Function Selector Dial** until the corresponding output power is displayed (600, 450, 300, 180, 100 W). At that time, press the **Multi Function Selector Dial** to select power level.



4. Select the temperature by turning the **Multi Function Selector Dial.**
(Temperature : 200, 180, 160, 140, 100, 40 °C)
At that time, press the **Multi Function Selector Dial** to select temperature.



5. Set the appropriate cooking time by turning the **MW+Conv.** (MW+Conv.) button.
   - The maximum grilling time is 60 minutes.



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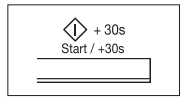
6. Press the **Start / +30s** (+30s) button.



Result: Cooking starts:

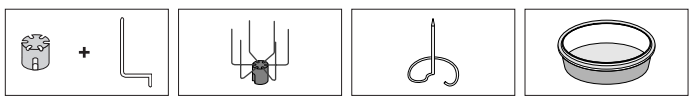
- When cooking has finished, the oven will beep and flash “0” 4 times. The oven will then beep one time per minute.

When the meat has been fully cooked, carefully remove the spit, using oven gloves to protect your hands.

USING THE VERTICAL MULTI-SPIT

MULTI-SPIT FOR KEBAB

Using the multi-spit with 6 kebab skewers you can easily barbecue meat, poultry, fish, vegetables (like onions, peppers or courgettes) and fruit which have been cut into pieces.
You can prepare the above food with the kebab skewers by using convection or combination mode.



Coupler Kebab, Skewer | Multi-Spit | Barbecue Spit | Glass Bowl

USE OF THE MULTI-SPIT WITH KEBAB SKEWERS

1. For preparing kebabs with the multi-spit use the 6 skewers.
2. Put the same amount of food on each skewer.
3. Place the roasting-spit into the glass bowl and insert the multi-spit into it.
4. Put the glass bowl with the multi-spit in the centre of the turntable.

Make sure that the grill heating element is in the right position at the back wall of the cavity and not at the top before starting the grilling process.

REMOVING THE MULTI-SPIT FROM THE OVEN AFTER GRILLING

1. Use oven gloves for taking for glass bowl with the multi-spit out of the oven, because it will be very hot.
2. Remove multi-spit out of the spit stand by using oven gloves as well.
3. Carefully remove the skewers and use a fork for removing the food pieces from the skewers.

The multi--is not suitable for cleaning in the dishwasher. Therefore clean it with warm water and washing up liquid by hand. Remove the vertical multi-spit from the oven, after use.

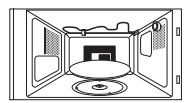
USING THE STEAM CLEANING

The steam provided by steam clean system will soak the cavity surface. After using steam clean function, you can easily clean the cavity of oven.

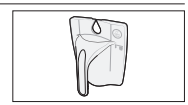
Use this function only after the oven has completely cooled. (Room temperature)

Use normal water only, and no distilled water.

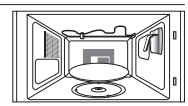
1. Open the door.



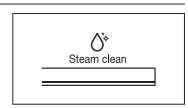
2. Fill with water following guide line the water bowl.



3. Please attach the water bowl in right side of the oven.



4. Close the door.
5. Press the **Steam clean** (Steam clean) button. (Bulb does work during Steam cleaning time.)



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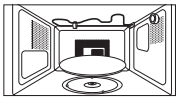
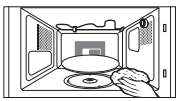
6. Open the door.



7. Please clean cavity of oven with dried dishtowel. Remove the turntable and only under rack with kitchen paper.

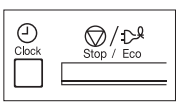


WARNING
- Water Bowl only can be use during "**Steam Clean**" mode.
- When cooking non-liquid items, remove water bowl because It will damage and cause fire to the microwave oven.

USING THE CHILD LOCK FEATURES

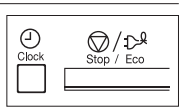
Your microwave oven is fitted with a special child lock programme, which enables the oven to be "locked" so that children or anyone unfamiliar with it cannot operate it accidentally.

1. Press the **Clock** (🕘) button and **Stop / Eco** (⏚/🍃) button for one second.



Result :
- The oven is locked (no functions can be selected).
- The display shows "🔒".

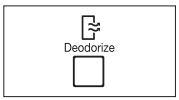
2. To unlock the oven, press the **Clock** (🕘) button and **Stop / Eco** (⏚/🍃) button for one second.



Result : The oven can be used normally.

USING THE DEODORIZE FEATURES

Use this feature after cooking odorous food or when there is a lot of smoke in the oven interior. First clean the oven interior.
Press the **Deodorize** (🚪) button after you have finished cleaning. you will hear four beeps.

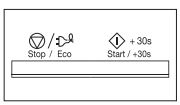


- The deodorization time has been specified as 5 minutes.
- You can also adjust **Deodorize** time by pressing the **Start / +30s** (⏀ +30s) button.
- The maximum deodorization time is 15 minutes.

SWITCHING THE BEEPER OFF

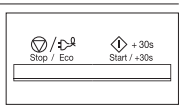
You can switch the beeper off whenever you want.

1. Press the **Start / +30s** (⏀ +30s) and **Stop / Eco** (⏚/🍃) button at the same time**.**



Result: The oven does not beep to indicate the end of a function.

2. To switch the beeper back on, press the **Start / +30s** (⏀ +30s) and **Stop / Eco** (⏚/🍃) button again at the same time.



Result: The oven operates normally.

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cookware guide

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓ ✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓ ✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended** ✓✗ **: Use caution** ✗ **: Unsafe**

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cooking guide

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Spinach	150 g	600 W	5-6	2-3	Add 15 ml (1 tbsp.) cold water.
Broccoli	300 g	600 W	8-9	2-3	Add 30 ml (2 tbsp.) cold water.
Peas	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Green beans	300 g	600 W	7½-8½	2-3	Add 30 ml (2 tbsp.) cold water.
Mixed vegetables (Carrots/Peas/ Corn)	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Mixed vegetables (Chinese style)	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tbsp.) cold water.

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Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint: Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (900 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Broccoli	250 g 500 g	4½-5 7-8	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	250 g	6-6½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5-5½ 7½-8½	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	4-4½	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg plants	250 g	3½-4	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	4-4½	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1½-2 2½-3	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	250 g	5-5½	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4½-5	3	Cut pepper into small slices.
Potatoes	250 g 500 g	4-5 7-8	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	250 g	5½-6	3	Cut turnip cabbage into small cubes.

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Cooking Guide for rice and pasta

Rice: Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta: Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
White rice (Parboiled)	250 g	900 W	15-16	5	Add 500 ml cold water.
	375 g		17½-18½		Add 750 ml cold water.
Brown rice (Parboiled)	250 g	900 W	20-21	5	Add 500 ml cold water.
	375 g		22-23		Add 750 ml cold water.
Mixed rice (Rice + Wild rice)	250 g	900 W	16-17	5	Add 500 ml cold water.
Mixed corn (Rice + Grain)	250 g	900 W	17-18	5	Add 400 ml cold water.
Pasta	250 g	900 W	10-11	5	Add 1000 ml hot water.

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide.
The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering

Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 900 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance.
In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.
Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time.
We recommend putting a plastic spoon or glass stick into the liquids.
Avoid overheating (and therefore spoiling) the food. It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

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REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

REHEATING BABY FOOD

BABY FOOD:

Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

BABY MILK:

Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

REMARK:

Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating.

Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Drinks (Coffee, Tea and Water)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900 W	1-1½ 2-2½ 3-3½ 3½-4	1-2	Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well.
Soup (Chilled)	250 g 350 g 450 g 550 g	900 W	2½-3 3-3½ 3½-4 4½-5	2-3	Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (Chilled)	350 g	600 W	4½-5½	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.

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Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Pasta with sauce (Chilled)	350 g	600 W	3½-4½	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.
Filled pasta with sauce (Chilled)	350 g	600 W	4-5	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated meal (Chilled)	350 g 450 g 550 g	600 W	4½-5½ 5½-6½ 6½-7½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.
Cheese fondue ready-to-serve (Chilled)	400 g	600 W	6-7	1-2	Put the ready-to-serve cheese fondue in a suitable sized glass pyrex bowl with lid. Stir occasionally during and after reheating. Stir well before serving.

Reheating Baby Food and Milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing time (min.)	Instructions
Baby food (Vegetables + Meat)	190 g	600 W	30 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (Grain + Milk + Fruit)	190 g	600 W	20 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300 W	30-40 sec. 1 min. to 1 min. 10 sec.	2-3	Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turntable. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

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DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible. Check the food occasionally to make sure that it does not feel warm.
If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint: Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Meat				
Minced meat	250 g 500 g	6-7 8-13	15-30	Place the meat on turntable. Shield thinner edges with aluminium foil. Turn over after half of defrosting time!
Pork steaks	250 g	7-8		
Poultry				
Chicken pieces	500 g (2 pcs)	14-15	15-60	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	1200 g	32-34		
Fish				
Fish fillets	200 g	6-7	10-25	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time!
Whole fish	400 g	11-13		
Fruits				
Berries	300 g	6-7	5-10	Spread fruit on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls (Each ca. 50 g)	2 pcs 4 pcs	1-1½ 2½-3	5-20	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time!
Toast/ Sandwich	250 g	4-4½		
German bread (Wheat + Rye flour)	500 g	7-9		

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GRILL

The grill-heating element is located underneath the ceiling of the cavity. It operates while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 3-5 minutes will make the food brown more quickly.

Cookware for grilling:
Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:
Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:
Whenever the grill only mode is used, please remember that food must be placed on the high rack, unless another instruction is recommended.

MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model: 600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill
Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:
Whenever the combination mode (microwave + grill) is used, the food should be placed on the high rack, unless another instruction is recommended. Please refer to the instructions in the following chart. The food must be turned over, if it is to be browned on both sides.

Grill Guide for Fresh Food

Preheat the grill with the grill-function for 2-3 minutes.
Use the power levels and times in this table as guide lines for grilling.
Use oven gloves when taking out.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Toast slices	4 pcs (each 25 g)	Grill only	3-4	2-3	Put toast slices side by side on the high rack.
Grilled tomatoes	400 g (2 pcs)	300 W + Grill	6-8	-	Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes.
Tomato-cheese toast	4 pcs (300 g)	300 W + Grill	5-7	-	Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.
Toast hawaii (Ham, Pineapple, Cheese slices)	4 pcs (500 g)	300 W + Grill	6-8	-	Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.
Baked potatoes	500 g	600 W + Grill	10-12	-	Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill.

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Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
Gratin potatoes/ Vegetables (Chilled)	450 g	450 W + Grill	10-12	-	Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes.
Baked apples	2 apples (ca. 400 g)	300 W + Grill	7-8	-	Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the low rack.
Chicken pieces	500 g (2 pcs)	300 W + Grill	9-11	8-10	Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes.
Roast Chicken	1200 g	450 W + Grill	20-25	18-23	Brush the chicken oil and spices. Put in an ovenproof dish and set on low rack. After grilling stand for 5 minutes.
Roast fish	400-500 g	300 W + Grill	6-8	6-7	Brush skin of whole fish with oil and add herbs and spices. Put two fishes side by side (head to tail) on the high rack. After grilling stand for 2-3 minutes.

CONVECTION

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air.
The heating element and the fan position is at the back-wall, so that the hot air is circulating. This mode is supported by the top heating element.

Cookware for convection cooking:
All conventional ovenproof cookware, baking tins and sheets – anything you would normally use in a traditional convection oven – can be used.

Food suitable for convection cooking:
All biscuits, individual scones, rolls and cakes should be made by this mode as well as rich fruit cakes, choux pastry and soufflés.

MICROWAVES +CONVECTION

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface. Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

Cookware for cooking with microwaves + convection:
Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under Microwave + Grill.

Food suitable for Microwave + Convection cooking:
All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.

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Convection Guide for fresh and frozen food

Preheat the convection with the auto pre-heat function to the desired temperature. Use the power levels and times in this table as guide lines for convection cooking. Use oven gloves when taking out.

Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
PIZZA					
Frozen pizza (Ready baked)	300-400 g	450 W + 200 °C	13-15	-	Place the pizza on the low rack. After baking stand for 2-3 minutes.
PASTA					
Frozen lasagne	400 g	450 W + 200 °C	18-23	-	Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen pasta gratin on the low rack. After cooking stand for 2-3 minutes.
MEAT					
Roast lamb (Medium)	1200-1300 g	600 W + 180 °C	20-23	10-13	Brush lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10-15 minutes.
Roast chicken	1000-1100 g	450 W + 200 °C	17-22	13-17	Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up on the low rack. Stand for 5 minutes.
BREAD					
Fresh bread rolls	6 pcs (350 g)	100 W + 180 °C	8-10	-	Put bread rolls in a circle on the low rack. Stand 2-3 minutes.
Garlic bread (Chilled, Prebaked)	200 g (1 pc)	180 W + 200 °C	8-10	-	Put the chilled baguette on baking paper on the low rack. After baking stand for 2-3 minutes.

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Fresh food	Portion	Power	1st side time (min.)	2nd side time (min.)	Instructions
CAKE					
Marble cake (Fresh dough)	500 g	Only 180 °C	38-43	-	Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the cake on the low rack. After baking stand for 5-10 minutes.
Small Cakes (Fresh dough)	12 x 28 g	Only 160 °C	28-33	-	Fill the fresh dough evenly in paper cups and set on crusty plate on the low rack. After baking stand for 5 minutes.
Cookies (Fresh dough)	200-250 g	Only 200 °C	15-20	-	Put the chilled croissants on baking paper on the low rack.
Frozen cake	1000 g	180 W + 180 °C	18-20	-	Put the frozen cake directly on the low rack. After defrost and warming stand for 15-20 minutes.

SPECIAL HINTS

MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 900 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W. Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water. Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 900 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 900 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 900 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

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TROUBLESHOOTING

If you have any of the problems listed below try the solutions given.

This is normal.

- Condensation inside the oven.
- Air flow around the door and outer casing.
- Light reflection around the door and outer casing.
- Steam escaping from around the door or vents.

The oven does not start when you press the (⏀) button.

- Is the door completely closed?

The food is not cooked at all.

- Have you set the timer correctly and/or pressed the (⏀) button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered?

The food is either overcooked or undercooked.

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

The light bulb is not working.

- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care, to arrange for a qualified engineer to replace the bulb.

The oven causes interference with radios or televisions.

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal. To solve this problem, install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset. To solve this problem, disconnect the power plug and reconnect it. Reset the time.

Sparking and cracking occur inside the oven (arcing).

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

Smoke and bad smell when initial operating.

- It's a temporary condition by new component heating. Smoke and smell will disappear completely after 10 minutes operation.
  To remove smell more quickly, please operate microwave oven with putting lemon formation or lemon juice in the cabinet.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.
Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

ERROR CODE

"SE" message indicates.

- The "SE" message is Clean the keys and check if there is water on the surface around key. Turn off the microwave oven and try setting again. If it occurs again, call your local SAMSUNG Customer Care Centre.

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technical specifications

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model	CE118PF
Power source	230 V ~ 50 Hz AC
Power consumption	
Maximum power	2900 W
Microwave	1400 W
Grill (heating element)	1500 W
Convection (heating element)	Max. 2100 W
Output power	100 W / 900 W - 6 levels (IEC-705)
Operating frequency	2450 MHz
Dimensions (W x D x H)	
Outside	523 x 491 x 309 mm
Oven cavity	373 x 370 x 233 mm
Volume	1.1 Cubic feet
Weight	
Net	19.0 kg approx.

MEMO

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QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
AUSTRALIA	1300 362 603	www.samsung.com/au/support
NEW ZEALAND	0800 SAMSUNG (0800 726 786)	www.samsung.com/nz/support
CHINA	400-810-5858	www.samsung.com/cn/support
HONG KONG	(852) 3698 4698	www.samsung.com/hk/support (Chinese) www.samsung.com/hk_en/support (English)
INDIA	1800 3000 8282 - Toll Free 1800 266 8282 - Toll Free	www.samsung.com/in/support
BANGLADESH	09612300300 – non toll free	
INDONESIA	0800112888 021-56997777	www.samsung.com/id/support
JAPAN	0120-327-527	www.samsung.com/jp/support
MALAYSIA	1800-88-9999	www.samsung.com/my/support
PHILIPPINES	1-800-10-7267864 [PLDT] 1-800-8-7267864 [Globe landline and Mobile] 02-4222111 [Other landline]	www.samsung.com/ph/support
SINGAPORE	1800-SAMSUNG(726-7864)	www.samsung.com/sg/support
THAILAND	0-2689-3232 1800-29-3232	www.samsung.com/th/support
TAIWAN	0800-32-9999	www.samsung.com/tw/support
VIETNAM	1800 588 889	www.samsung.com/vn/support

This product is RoHS compliant

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